

Occupational Therapy

Name: \_\_\_\_\_

# Arm and Hand: Everyday Activities

Date: \_\_\_\_\_

Do only those activities your occupational therapist has checked off (☑).

## Activities in everyday life to increase arm and hand function

### In the kitchen

- |   |   |
|---|---|
| <input type="checkbox"/> Wash and dry the dishes. (Be careful with knives.) | <input type="checkbox"/> Mix or beat food in a bowl with a large spoon. |
| <input type="checkbox"/> Wipe the countertops and table.                    | <input type="checkbox"/> Open jars with screw lids.                     |
| <input type="checkbox"/> Load and unload the dishwasher.                    | <input type="checkbox"/> Open and close drawers and cupboards.          |
| <input type="checkbox"/> Turn on and off the kitchen water tap.             |   |

### At meal time

- |  |   |
|--|---|
| <input type="checkbox"/> Drink from a cup or glass (use caution with hot liquids). | <input type="checkbox"/> Use a fork, knife and spoon. |
| <input type="checkbox"/> Eat finger foods.   | <input type="checkbox"/> Spread butter with a knife.  |

### Around the home

- |   |  |
|---|--|
| <input type="checkbox"/> Clean mirrors or windows.  | <input type="checkbox"/> Fold clothes and towels.                    |
| <input type="checkbox"/> Water plants. Try using spray bottles filled with water.           | <input type="checkbox"/> Put clean sheets on your bed.               |
| <input type="checkbox"/> Place objects in a box or container and remove them one at a time. | <input type="checkbox"/> Sharpen pencils with a manual sharpener.    |
| <input type="checkbox"/> Iron clothes (Be careful).   | <input type="checkbox"/> Cut a piece of paper using scissors.        |
| <input type="checkbox"/> Dust items in your home.   | <input type="checkbox"/> Staple papers and punch holes in paper.     |
| <input type="checkbox"/> Put clothes in and out of washing machine and dryer.               | <input type="checkbox"/> Plant flowers and pull weeds in the garden. |
|   | <input type="checkbox"/> Lock and unlock doors.                      |
|   | <input type="checkbox"/> Turn door handles.                          |

If you have questions about arm and hand exercises, contact your occupational therapist.

\_\_\_\_\_ (OT) (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

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This information does not replace the advice given to you by your healthcare provider.

## Arm and Hand: Everyday Activities - *continued*

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### Around the home - continued

- Pick up small items and place in a container. Such as coins, beans, marbles, seeds, buttons, toothpicks, cotton balls.
- Use tweezers to pick up small items.
- Open and close zip-lock bags
- Practice doing buttons and using zippers.
- Practice writing:
  - your name and signature
  - your address
  - the alphabet
- Practice drawing a line with a ruler.
- Practice typing on a computer.
- Practice threading beads.
- Screw nuts and bolts together. Start with a large size and switch to smaller sizes as you improve.
- Open and close safety pins. Practice pinning the safety pins to clothing.
- Tear sheets of paper or tissues into smaller pieces.
- Practice flipping coins. Place a row of coins on a table and flip them one at a time.
- Practice taking coins, bills, and cards in and out of your wallet.
- Roll a pencil between thumb and fingers.
- Place a rubber band around different sized containers.
- Put paper clips onto paper.
- Tie your shoe laces.
- Tie knots in rope.
- Peel vegetables.

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### Games

- Pass a large, soft ball back and forth with someone using both hands.
  - Pass a smaller ball back and forth with someone using both hands.
  - Pass a smaller ball back and forth with someone using just your affected hand.
  - Throw a ball against a wall and catch it.
  - Bounce a ball with one hand and then alternating hands.
  - Copy or mirror another person's movements.
  - Practice dealing a deck of cards, one card at a time.
  - Practice shuffling a deck of cards.
  - Play a game with playing pieces such as checkers, dominos, or mah-jong.
- If you have a piano,
- Do simple five finger exercises by playing five notes, both up and down the keyboard.
  - Do simple hand stretching exercises by playing every other key, both up and down the keyboard.

## Remember to use your affected hand

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