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Knots and Knuckles Handout

What is Fine Motor Development (FMD):

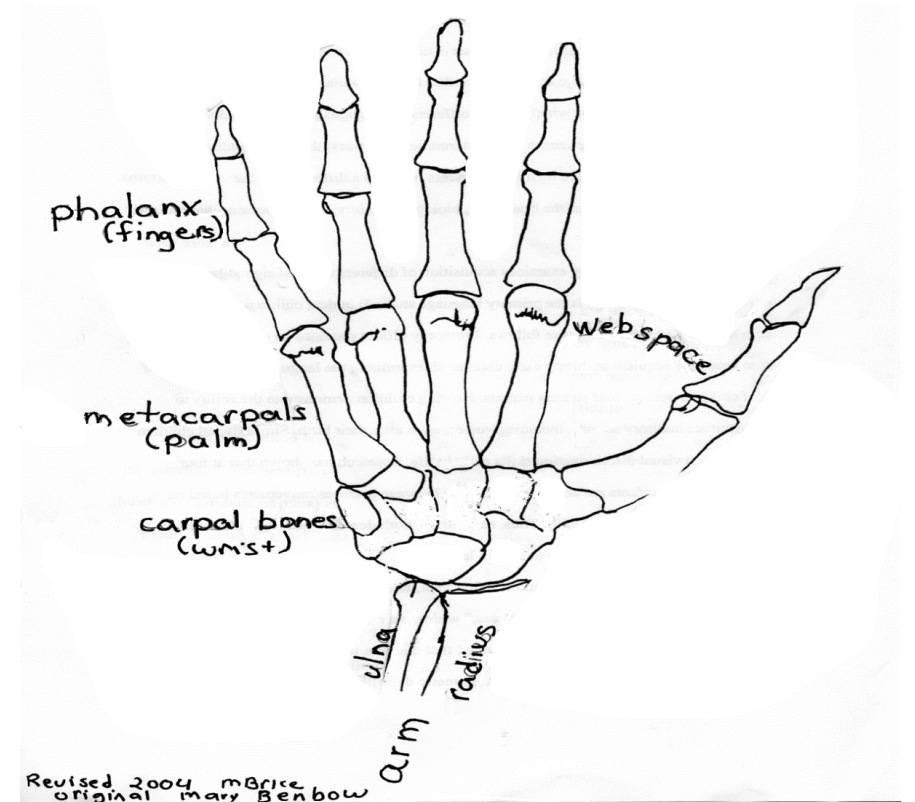
**The dexterity or coordination of small muscles, in movements— usually involving the manipulation of the fingers, eyes, mouth, and toes.**

# 9 Components of FMD

- 1. Bilateral Integration**
- 2. Shoulder/Postural Stability**
- 3. Wrist Extension stability**
- 4. Arches of the Hands**
- 5. Web space**
- 6. 2 Sides of the Hand**
- 7. In hand Manipulation**
- 8. Hand & Finger Strength**
- 9. Grasp patterns**

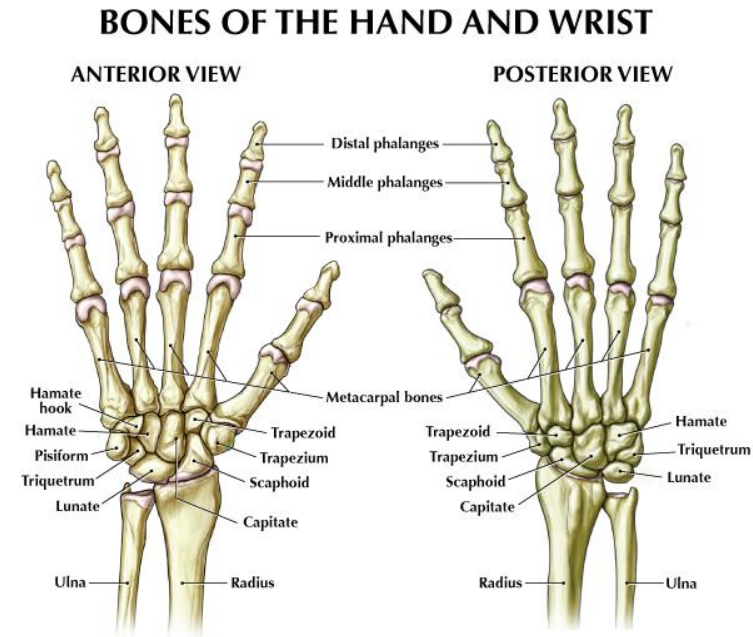
# The Importance:

- Academics skills including
  - Pencil skills (scribbling, coloring, drawing, writing)
  - Scissors skills (cutting)
  - One to one correspondence
- Play
  - Construction skills using lego, , puzzles, train tracks
  - Doll dressing and manipulation
  - IT use (e.g. mouse and stylus manipulation)
- Self care including
  - dressing – tying shoelaces, doling up sandals, zips, buttons, belts
  - eating – using cutlery, opening lunch boxes and food bags
  - hygiene – cleaning teeth, brushing hair, toileting



# Hand Anatomy

- 19 bones in palms & fingers
- 19 joints where bones meet bones
- Over 15 muscles in the hand
- Intrinsic muscles
- Extrinsic muscles



# Contact Information

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