

Hand Group

Department: Independent Living Skills

Priority: Core class with high priority

Overall purpose of class:

Through use of functionally-based manipulative and hand activities students work to improve upper extremity function and range of motion. Students learn to adapt hand activities, practice proper positioning, improve overall hand function, normalize muscle tone and through use of purposeful activities will engage in more hand use and increase strength.

Number of classes held per week:

Twice a day

Optimum class time:

Doesn't matter

Instructor requirements:

1 with possible assistance

Number of students:

8 max.

Student ability range and limitations:

Wide range of hand function can be accommodated.

Space and Equipment requirements:

Table and shoulder wheel, hand bike, hand skate table and a wide variety of manipulatives that elicit a variety of movements. Many of these are found in hand therapy catalogs others are made from materials at hand. Supports (foam etc) for arm and hand positioning, cuffs for holding affected hand on hand bike, Dycem or other nonskid materials, and hand splints for positioning the affected hand are also needed. At the Center, a variety of crafting materials are made available for this class including: beads, copper and tools, mosaic tiles, weaving materials and so forth.

Student Needs to be met from the perspective of the instructor:

Increase upper extremity range of motion

Learn adaptations for activities

Normalize muscle tone

Learn and practice positioning

Engage in constructive projects.

Typical Student Goals that lead to placement in the class:

Students who comment need for improving hand flexibility, shoulder and wrist mobility and strength are offered this class.

Additional Detail Attached