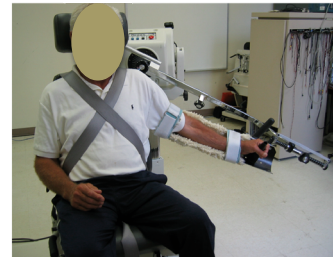


A

Therapeutic Goals	Activity Categories	Example Activities	
		Low Level	High Level
1. Establish normal scapulothoracic/humeral rhythm and stability	1 Water task	Pour ½ cup of water from measuring cup to wide mouth glass held in opposite hand.	Pour 2 cups of water from narrow mouth flask into small (6 oz.) glasses held in opposite hand.
	2 Catch/Release	Bounce ball/balloon on floor with both hands (i.e., bounce pass, 4-square).	Throw & catch using ball & velcro mitt. Participant to remove ball from mitt. Therapist varies speed & range of throwing.
2. Incorporate movement against gravity	3 Drawing/Writing	Using large diameter paint jar, shake/mix with both hands. Open lid (alternate stabilizing & manipulation hands).	Paint using paint brush and palette. Painting surface mounted on wall or easel to vary height. Vary brush size & length.
	4 Tool Task	Use 3-hole punch at desktop height to prepare documents for 3-ring binders.	Work threaded fasteners (screws), varied dimensions with different types of screwdriver (straight, Phillips, hex). Shoulder height or above.
3. Incorporate shoulder external rotation & stretch to long finger flexors	5 Laundry/Dressing	Lift, carry and move a laundry basket. Vary weight & volume.	Don and fasten a belt around the waist.
	6 Sport	Hold golf club with both hands and putt to large "cup". Vary size of ball as necessary.	Bat ball with whiffle ball and bat. Vary height and speed. Build up bat handle as necessary.
4. Incorporate bimanual movements	7 Feeding/Cooking	Open large ziploc bag of chips/cereal/foam peanuts. Pour into wide bowl.	Use knife & fork simultaneously to cut theraputty into 6, or more, pieces.
	8 Board games/cards	Deal/set-up solitary game holding card deck in one hand, placing cards with the other.	Card game. Slide dealt cards to edge of table & transfer to opposite hand. Form & hold a playing hand.
5a. Weight bearing through UE in shoulder ER, wrist ext, finger ext	9 Computer/keyboarding	Type simple paragraph with proper punctuation (use of control keys). Forearms resting on desktop.	Play computer tracking game (low level). Mouse or game controller built-up as necessary. Forearms not resting on desktop.
5b. Incorporate reaching and manipulation through goal-directed movements.			
6. Incorporate controlled elbow movement			

B



C

