





## **Hand Function and Handwriting**

A comprehensive course featuring Mary Benbow's Neurokinesthetic Approach to Hand Function and Handwriting. This course provides an understanding of developmental hand function including discussion of the function of the muscles of the wrist, palm, digits, and thumb. Dysfunctional hand grips, assessment of hand skills, developmental hand activities, assessment of cursive writing skills, and teaching cursive writing through a neurokinesthetic approach are discussed and demonstrated.

-  **Relevant Anatomy of the Hand**
-  **Hand Function and Handwriting Assessment**
-  **Developmental Hand Activities**
-  **Complete Neurokinesthetic Handwriting Instruction**



**Streaming Video**

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# Hand Function and Handwriting



- **Anatomy of the hand.**
- **Demonstration of each developmental hand skill skill.**
- **Assessment of cursive writing and hand function skills.**
- **Lecture and discussion clarify hand skills and and difficulties in writing.**
- **Complete instruction of the Neurokinesthetic Approach to Handwriting.**



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# Hand Function and Handwriting



## Learning Objectives

1. Describe the basic anatomical aspects of the hand.
2. Describe the basic kinesiology of the movement of the hand.
3. List the skills of developmental hand function.
4. List the developmental activities that address hand skills.
5. List the fundamental principles of the neurokinesthetic approach.

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**Mary Benbow, MS, OTR** received her B.A. in Occupational Therapy from the University of Iowa in 1960 and her M.S. degree from Boston University in 1987. She completed an advanced study course in the area of Neuroanatomy at the University of Vermont Medical School.

In 1995, Mary spent 12 weeks in a research fellowship in adult hand rehabilitation with hand therapy specialists in San Diego. During this time, her focus was on adult hand diagnoses that may have had their origin in childhood.

Mrs. Benbow has lectured internationally on developmental hand function, hand anatomy, graphic motor skills, and her innovative Neurokinesthetic Approach to Hand Function and Handwriting.



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# Hand Function and Handwriting

## Topic Outline

Introduction (5 min.)

Anatomy of the wrist and hand (21 min.)

Anatomy of the thumb (21 min.)

Anatomical balancing mechanisms (12 min.)

Hand grips (13 min.)

Hand structures required for tool stabilization (18 min.)

Progressing to efficient grips (18 min.)

Developmental Hand Program (81 min.)

Assessing hand skills (42 min.)

Cursive writing assessment (39 min.)

Visualization concepts (60 min.)

Kinesthetic activities (20 min.)

Neurokinesthetic teaching techniques (68 min.)