

# **Neurokinesthetic Approach to Hand Function and Handwriting**

## **About the Speaker**

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. This combined with concentration in hand anatomy as it relates to hand skills at Boston University enabled her to write the innovative handwriting curriculum, **LOOPS AND OTHER GROUPS / A KINESTHETIC WRITING SYSTEM**.

At the end of 1995, Mary spent 12 weeks in a research fellowship in adult hand rehabilitation with Therapy Specialists in San Diego. During this time, her focus was on adult hand diagnoses that may have had their origin in childhood.

During the past fifteen years, Mrs. Benbow has been a lecturer on developmental hand anatomy, fine and graphic motor skills. In addition to **LOOPS AND OTHER GROUPS** she was the first author of the AOTA self study course **HANDWRITING IN THE CLASSROOM**. Mary's newest writing on handwriting is in a book titled **CHILD ERGONOMICS** published in England (2004). Other writings are included in **DEVELOPMENTAL COORDINATION DISORDERS** edited by Cermak and Larkin, published by Singular Thompson Learning of Albany, NY. She authored a chapter in the Mosby Year Book 1995, **HAND FUNCTION IN THE CHILD: FOUNDATIONS FOR REMEDIATION**--edited by Henderson and Pehoski. For educators and parents, she developed a fine motor activity kit and teacher guide, **FINE MOTOR DEVELOPMENT** for four to six-year-old children, published in 1999 by Zaner-Bloser of Columbus, Ohio.

Mary has produced a series of videotapes with *Clinician's View of Las Cruces, New Mexico*. They are intended for professional use by therapists and educators. They cover topics on the hand and motor skill, assessment of hand function, and the remediation of handwriting problems.

Mary has presented the 2-or 3-day seminar, **NEUROKINESTHETIC APPROACH TO HAND FUNCTION AND HANDWRITING** in over 200 cities in the United States, Mexico, Jerusalem, Newfoundland, and Canada.

Mary was awarded the 1996 AOTA Recognition of Achievement Award in Chicago for her contributions to the profession for "Hand therapy, assessment, practice and products for hand development and handwriting". Mary received the 2004 John Hancock Award for her contributions to the teaching of handwriting in America.

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## Topic Index

### Disc 1 (Parts 1 & 2)

Introduction .....	5 min.
Anatomy Review: Muscles of the Wrist and Digits .....	46 min.
Anatomy Review: Muscles of the Thumb .....	23 min.
Anatomical Balancing Mechanisms .....	12 min.
Grips.....	10 min.
Hand Structures Required for Tool Stabilization with Distal Manipulation .....	12 min.
<b>Total Time Disc 1 (1 hours 48 min.)</b>	

### Disc 2 (Parts 3 & 4)

Hand Structures Required for Tool Stabilization with Distal Manipulation cont .....	7 min.
Progression to a More Efficient Grip.....	21 min.
Developmental Hand Program.....	66 min
Developmental Hand Program Discussion .....	16 min
<b>Total Time Disc 2 (1 hour 50 min.)</b>	

### Disc 3 (Parts 5 & 6)

Assessment of Hand Skills Observations .....	46 min.
Graphograms .....	18 min.
Visual/Visualization Concerns .....	22 min.
Dysgraphia Subtypes .....	6 min.
Memory and Handwriting.....	30 min.
<b>Total Time Disc 3 (2 hours 2 min.)</b>	

### Disc 4 (Parts 7 & 8)

Visual/Visualization Concerns cont .....	2 min.
Assessment of Cursive Writing Skills .....	35 min.
Visual/Visualization Concerns cont .....	7 min.
Teaching Neurokinesthetic Handwriting .....	75 min.
<b>Total Time Disc 4 (1 hour 59 min.)</b>	

### Disc 5 (Parts 9 & 10)

Teaching Neurokinesthetic Handwriting cont .....	29 min.
The Complete Neurokinesthetic Handwriting Method.....	70 min.
Kinesthetic Activities.....	18 min.
<b>Total Time Disc 5 (1 hour 57 min.)</b>	

**Disc 6 (Parts 11 & 12)**

Getting Started with Teachers and Students continued ..... 2 hour 3 min.

Final Comments ..... 8 min.

**Total Time Disc 6 (2 hours 11 min.)**

**Total Viewing Time 11 Hours 47 min.**

**Written Material and Exam Granted 1 hour**

**Total Hours Granted 12 hours/1.2 CEUs**