

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.)