

Arm movement training activities

Movement training activities

Movement training activities improve the infant's interaction with toys and with reaching. May be helpful for infants:

- Born early
- Showing signs of decreased arm movements
- Showing signs of moving one arm more than the other



Infant holding toy with both arms

Helping your infant

Place infant on back and sit by infant's feet. Use toys that make noise and are easy to grasp. Provide verbal rewards during play (ex: "great job," "yay, you did it," etc.)

- Complete activities with both of infant's arms. If infant moves one arm more, focus more on the less used arm.
- Do each of following activities for 5 minutes (for total of 15 minutes).
- Do activities 5 days each week.
 - a. General movements
 - b. Midline movements
 - c. Specific movements

3 types of activities

General movements

This encourages infant to move their arms. Place a ribbon around a toy and to infant's arm.

- Hold the toy so any arm movement will move the toy.
- If the infant moves their arm, shake the toy and cheer them on.



Attach ribbon to infant's arm and toy

Midline movements

This encourages infant to touch a toy held at the middle of their body.

- Hold toy in the middle of infant's body.
- Place infant's hands next to the toy.
- Allow infant time to try this movement on their own.



Helping infant touch a toy with both hands

Specific movements

This encourages infant to touch a toy using their elbow movement only.

- Gently hold infant's upper arm to encourage elbow movement.
- Hold the toy over infant's hand.

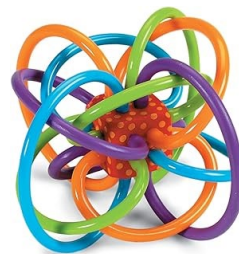


Helping infant move elbow to touch toy

Examples of toys to use for movement-training activities



Oball toys



Winkel rattle



Crinkly book



High contrast soft rattles

Rehab Services and N.E.S.T. Developmental Follow-Up Center

These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.