

Upper Extremity Prosthetic Training Activities for the School-Age Child

▣ Wear Schedule

Establish a wearing schedule with your child. Children will see the benefits of their new prosthesis as they try challenging activities.

You may need to guide your child's arms to help with opening and closing the terminal device. Help your child position and place objects in the prosthesis.

Work in front of a mirror to help your child see how to work the terminal device.

After you remove the prosthesis, check your skin for redness which should go away within 15-20 minutes.

Please call your prosthetist if your prosthesis is not fitting correctly..

▣ Indoor Play Activities

- Hanging up/folding clothes
- Cutting food
- Opening cans and jars
- Washing and drying dishes
- Making a sandwich
- Wrapping a package
- Handling money
- Making a bed
- Sharpening a pencil
- Using a ruler and pencil
- Paper folding, cutting, and pasting
- Managing a loose-leaf binder
- Lunch: opening milk, carrying a tray
- Playing musical instruments
- Playing cards
- Removing coins from a purse
- Cut with a scissors to make a collage
- Computer keyboarding using the terminal device to hit larger keys

- Hold a small sponge or pencil, practice keeping the terminal device closed while bringing your arm in front, behind your back, and out to the side.

▣ Outdoor Play Activities

- Bike riding
- Croquet
- Golf
- Baseball
- Jumping rope
- Fishing
- Basketball
- Swinging

▣ Self-Care Activities

- Dressing skills
- Tie shoelaces
- Button a shirt
- Start zipper on a jacket
- Style your hair: comb, curl, ponytail
- Open and put a Band-Aid on
- Put on a watch
- Practice putting the prosthesis on and off
- Fill a paper cup with water from a faucet
- Put toothpaste on a toothbrush
- Open grooming containers
- Put socks and shoes on
- Cut soft foods into smaller pieces
- Fasten a belt