10 Ways to Think Therapeutically About Toys

1) supination/pronation - toys that encourage turning the hand over; palm up/palm down

2) wrist range of motion (ROM) - toys that encourage moving the wrist joint up/down, and side to side through space

3) bilateral hand use - toys that require both hands to perform different but complementary actions at the same time

4) strengthening - toys that require the hand and fingers to move against resistance

5) grasp (palmar) - large toys that promote a whole-handed grasp in which they are held against the palm of the hand by the fingers

6) pinch - small toys requiring grasp with the index finger and thumb

7) finger isolation - toys that encourage controlled, isolated finger movement

8) in-hand manipulation - toys/activities encouraging adjustment of a grasped object within one hand while it is being held

9) rotation - toys that require a part to be turned with the fingers

10) separation of the two sides of the hand - toys that encourage manipulation of one part with the fingers while holding one or more additional parts within the same hand