



# Mejorar las habilidades motoras finas con terapia ocupacional: Conozcan a Sylvie

Cuando Sylvie tenía 4 años de edad, su maestra vió que tenía dificultades con actividades tales como el dibujo, el recorte de objetos y para escribir su nombre. El pediatra de Sylvie la envió para una evaluación de terapia ocupacional que reveló las dificultades de Sylvie con las actividades motoras finas debidas a una coordinación, resistencia y tono muscular disminuidos.

## Cortes



### Sylvie (Atípico)

4 años 6 meses

- Tiene dificultad con la colocación de los dedos en las tijeras
- Utiliza otros grupos musculares para coordinar la actividad
- Incapaz de cortar a lo largo de una línea



### Maxie (Típico)

4 años 1 mes

- Coloca los dedos en la posición correcta en las tijeras
- Capaz de coordinar el movimiento fácilmente gracias a la fuerza de sus manos y su marco central
- Corta limpiamente a lo largo de la línea

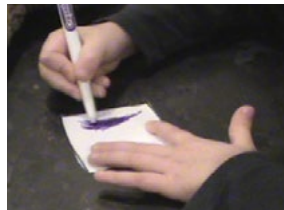
## Colorear



### Sylvie (Atípico)

4 años 6 meses

- Agarra el marcador en forma atípica
- Colorea fuera de las líneas
- No puede rellenar formas con precisión y detalle

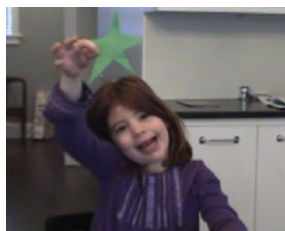


### Maxie (Típico)

4 años 1 mes

- Sostiene el marcador en forma típica
- Capaz de usar un marcador de punto más fino para lograr mayor detalle
- Colorea dentro de las líneas

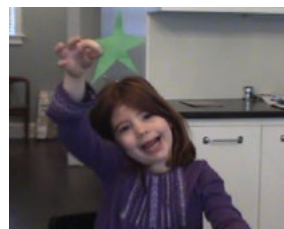
## Terapia Ocupacional



Sylvie comenzó su terapia ocupacional tanto en casa como en la clínica para ayudar a desarrollar su fuerza y coordinación. Igual que los adultos asisten a terapia ocupacional para mejorar sus habilidades en el trabajo, los niños asisten a terapia ocupacional para mejorar su capacidad de crecer, jugar y aprender.

## Después de 10 meses de terapia:

Sylvie tuvo una mejoría significativa en las actividades relacionadas con habilidades motoras finas y ahora es capaz de participar en las actividades diarias de la infancia con facilidad

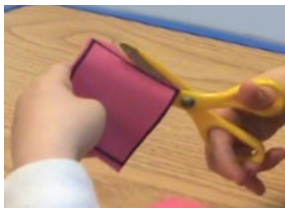




# Improving Fine Motor Skills with Occupational Therapy: Meet Sylvie

When Sylvie was 4 years old her teacher noticed she was having difficulty with activities such as drawing, cutting objects and writing her name. Sylvie's pediatrician sent her for an occupational therapy evaluation which revealed Sylvie's difficulties with fine motor activities due to decreased coordination, endurance, and muscle tone.

## Cutting



**Sylvie** (Atypical)  
4 years 6 months

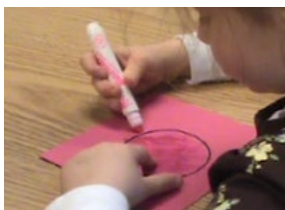
- Has difficulty with finger placement on scissors
- Uses other muscle groups to coordinate activity
- Unable to cut along the line



**Maxie** (Typical)  
4 years 1 months

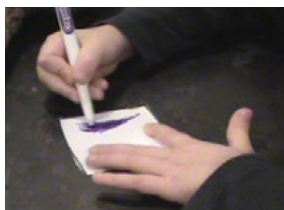
- Places fingers in accurate position on scissors
- Able to coordinate movement easily because of strength in her hands and core frame
- Cuts cleanly across the line

## Coloring



**Sylvie** (Atypical)  
4 years 6 months

- Grasps marker in an atypical way
- Colors outside the lines
- Unable to fill in shapes with precision and detail



**Maxie** (Typical)  
4 years 1 months

- Holds marker in a typical way
- Able to use finer point marker to achieve greater detail
- Colors inside the lines

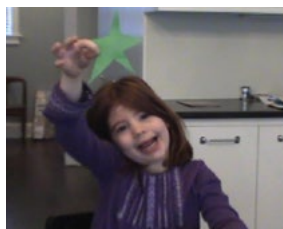
## Occupational Therapy



Sylvie began occupational therapy both at home and in the clinic to help develop her strength and coordination. Just as an adult attends occupational therapy to improve his/her job skills, a child attends occupational therapy to improve his/her ability to grow, play, and learn.

## 10 months after occupational therapy

Sylvie had significant improvement with fine motor skill activities and is now able to participate in everyday childhood activities with ease.



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