



## Fine Motor Skills Class

The ability to perform fine motor skills can diminish due to various conditions. This class focuses on improving dexterity, strength, and coordination of the upper extremity. Each week we will tackle a different topic and send you home with ideas to practice each skill. Assessments of strength and hand function will be done periodically during class time.

### Skills Covered

- ▶ Handwriting
- ▶ Using Tools
- ▶ Dexterity
- ▶ Strength & Coordination
- ▶ Pain Management
- ▶ Flexibility and More

Time: Thursday 2:15 - 3:00

Place: 1328 University Ave

Instructors: Lindsay Perez, MSPT  
and Jeremy Holz-Borys, PT,  
DPT, OCS, CHT, Cert. MDT

No assessment is required

**Registration is REQUIRED**



1328 University Ave, Rochester

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