

Hand Dominance Screening

Name:
School:

Birth Date:
Date:

Knowledge of Left /Right and Directionality

Note any significant delays of 4 to 5 seconds

Perform the following:

Raise your R hand _____
Touch your L ear _____
Touch your R shoulder _____

Touch your R hand to your L knee _____
Turn and walk to your L _____
Point to my R hand _____

Hand Preferences

The therapist should position his/her body facing (and squarely in front of) the child. All items are placed at the child's midline for pickup.

Mark the appropriate box with a tally mark for each trial:

	Left	Right
Throw a small ball *		
Sparkle wheel use		
Hammer a golf tee into Styrofoam		
Brush teeth		
Comb hair		
Pickle fork use (Three Point Grabber)		
Scissors use		
Use plastic knife to cut a clay "hot dog"		
Write/draw		
Erase ***		
Twirl object **		
Blow whistle (watch child pickup from midline)		
Large tweezers use		
Open a small jar with a "surprise" hidden inside for interest		
Put objects in Ziploc bag		
Fingertip rotation of pegs +		
Prone on tx ball, UE walk out , put hedge balls or pom poms in container		
Open a door		

*In cases where children have more severe developmental delays, the therapist may need to help the child throw with hand-over-hand assistance, alternating hands that the child throws with. On the dominant side, you will feel the muscles "kick in" and activate better to help you.

**Attach a small object to a string, such as an eraser, and let the children spin it. A streamer can be added for additional visual appeal. Sometimes you can find such a toy in the party favors section. Kids love this one and it works beautifully to elicit dominance.

***Children with differences in hand strength may switch hands a lot between writing and erasing.

+ Use 2" pegs, with one of the ends painted with white out (for marking the rotation), take the top half of an egg carton, make holes for the pegs to rest in. Have the child pick the pegs out of the "rack" one at a time, rotate them with the fingertips of one hand and place back in the "rack."

Note: If hand dominance exists, tools which are novel to the child work best to elicit hand dominance, because the child has not yet established any neural tracks or habits determining it's use. Especially watch for items that elicit a consistent hand use to one side.

Pick Up of Objects from the Desktop

Materials: 30 pennies, yogurt container with a slot cut in the lid

1. Pennies placed on the Left side of the desktop:

Circle hand(s) used: Right Left Object passed at midline Yes No

2. Pennies placed on the Right side of desktop:

Circle hand(s) used: Right Left Object passed at midline Yes No

Interpretation: When there are midline/rotational issues, the most common compensation children make is that they tend to pick up objects placed on the non-dominant side and pass it off at midline to the dominant hand to put in a container. If the object is on the desktop on the side of the dominant hand, they will put the manipulative straight into the container.

3. If in number 1 and number 2, the container was not picked up by the child, ask the child to hold the container with one hand and use the other hand to put the pennies in.

Container held with: Right Left
Pennies placed in container with: Right Left

Interpretation: Children will typically hold containers with their non-dominant hand and use his or her dominant hand to place the pennies in. (Returning manipulatives to a ziploc bag also works well to elicit the holding pattern of the non-dominant hand.)

Making Dots With a Pencil (Timed for 10 seconds):

Number Made: Right _____ Left _____

Dealing Cards (Timed for 10 seconds):

Number dealt: Right _____ Left _____
Coordination better with: Right _____ Left _____

Pincer Grip Strength

Right Trial 1: _____ T2: _____ T3: _____
Left Trial 1: _____ T2 _____ T3: _____

Hand Strength

Right Trial 1: _____ T2: _____ T3: _____
Left Trial 1: _____ T2 _____ T3: _____

Foot Preferences:

Kick a Ball

Right _____ Left _____

Stomp Your Foot

Right _____ Left _____

Classroom Observations:

Watch for and tally naturally occurring movements such as:

	Left	Right
Moving a chair		
Raising hand		
Rubbing face/nose		
Opening a door		
Scratching head		
Carrying items		