

ASYNCHRONOUS VIDEO INSTRUCTIONS

FINGER TAPPING TEST

1. Tap your index finger to the table (or to your thumb) as fast as possible.
2. Keep tapping your finger for 10-seconds.

EQUIPMENT:

- Table
- Comfortable chair
- Timer

HELPER: Optional

SETTING: Space to sit in front of a table and view the hand.

VIDEO INFO

- Use a tripod or prop up phone if you don't have a helper.
- Make sure the entire hand can be seen on the video.
- Place the camera within 1-2 feet of the hand.
- Start recording then start test. Stop recording when done.

TOTAL TIME: <5 minutes

PURPOSE: To check fine motor coordination.

YOUTUBE VIDEO: <https://www.youtube.com/watch?v=uJGGldB8N90>

(Copy the YouTube link into your Internet browser.)