

Coordination Skills Glossary

Asymmetrical bilateral coordination: Both sides of the body are working together, but they are doing a different yet complimentary task.

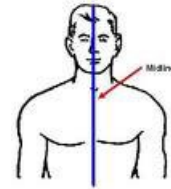
Bilateral Coordination: Both sides of the body are working together at the same time doing the same task.

Hand preference: one hand is chosen or preferred over the other

Hand dominance/handedness: one hand has the most influence or control, and is more reliable for use across a range of skilful acts

Helper Hand: the non-dominant hand; used to support or help the dominant hand by holding the object you are working on still

Midline: an imaginary line that divides the body into a right and a left half



References

- Edhardt, R.J. (2011). *Erhardt developmental products*. Retrieved from <http://erhardtproducts.net/index.html>
- Dodge, J.. (n.d.). School OT.com. Retrieved from <http://school-ot.com/index.html>
- le Roux, T. (2011). *OT Mom Learning Activities*. Retrieved April 29, 2011 from <http://www.ot-mom-learning-activities.com/index.html>
- Mosby's Medical Dictionary. (2009). Midline. *The free dictionary by Freelex*. Retrieved from <http://medical-dictionary.thefreedictionary.com/midline>