

SUGGESTED EXERCISES for 3-Dmed SKILL GAMES

- Keep Track of Learners Progress by Timing Activities
- Develop General Laparoscopic Surgical Skill for Both Hands
- Skills Developed:
 - Hand-Eye Coordination
 - Manual Dexterity
 - Knot Tying

Skill Game 1 - Loops and Wire

- Simulates Running a Bowel
- Knot Tying

Suggested Exercises:

- Pass the Pipe Cleaner Through the Loops, Changing Hands as it Progresses, Through the Series of Loops
- Pass the Pipe Cleaner in a Zigzag Pattern Through the Rows of Loops
- Use Front Loops for Knot Tying

Skill Game 2 – Pea on a Peg

Suggested Exercises:

- Move Peas from the Cup to the Pegs
- Move Peas from the Peg to the Cup
- Move Peas from Peg to Peg
- Pick up the Pea and Pass it to the Other Hand and Place it on a Peg

Skill Game 3 – Wire Chaser

- Interaction of Dominant and Non-Dominant Hand
- Three Ring Sizes to Increase Skill Level

One-Handed Exercises:

- Begin with the Largest Ring and Pass it over the Wire from one end to the other while keeping the Ring Perpendicular to the wire and not touching the wire. As it goes over the Loops you will have to Rotate your Wrist to Maintain Perpendicular
- Develop Skill in Both Hands Starting with Dominate Hand

Two-Handed Exercises:

- Begin with the right hand and start with the largest ring and pass it over the wire keeping the ring perpendicular to the wire and not touching the wire. As you come over the top roll your hands and as the ring rolls over the top of the first loop you would switch to your left hand, which would take the ring and roll under the bottom of the loop. As you pass the middle of the rise you would then switch back to your right hand to go over the rise. Continue to the end of the wire.

Skill Game 4 - Post and Sleeve

Suggested Exercises:

- Pick up the Sleeve Move Post to Post
- Pass Sleeve Between Hands as you Move Post to Post
- Working from either the Right or Left Half, Pick up the Sleeve and Pass it to its Mirrored Post on the other Side