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movement challenges

for people on the
autism spectrum

1. Poor eye-hand coordination
2. Poor index finger isolation/extension
3. High muscle tone
4. Low muscle tone strength
5. Perseveration
6. Using both hands for a task only requiring one
7. Tremor
8. Radial/Ulnar (forearm) muscle instability
9. Initiation problems
10. Impulsivity
11. Proximal instability
12. Reduced proprioception
13. Lack of confidence