



USE AND MAINTENANCE MANUAL

Peg Board **VT PB-426 AG**



Peg Board – Usage & Maintenance Guide

A **Peg Board** is a rehabilitation tool used primarily for improving **fine motor skills, hand-eye coordination, finger dexterity, and cognitive planning**. It's commonly used for stroke rehab, neurological disorders, or post-hand surgery recovery.

✓ How to Use the Peg Board

◆ 1. Basic Insertion and Removal

- Let the patient pick up pegs one by one and insert them into holes.
- Encourage use of all fingers and both hands alternately.
- Focus on smooth, controlled hand movements.

◆ 2. Timed Coordination Drill

- Ask the patient to insert as many pegs as possible within a set time (e.g., 30 seconds or 1 minute).
- Track progress across sessions to measure improvement.

◆ 3. Pattern Replication

- Create a peg color/shape pattern on one side.
- Ask the patient to replicate it on the other side.
- Helps improve visual memory and motor planning.

◆ 4. Bilateral Activity



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- Use both hands together—e.g., one holds the board while the other places pegs.
- Useful for stroke rehab or hemiparesis therapy.

◆ **5. Functional Reach and Grasp**

- Place pegs at varying distances and heights.
- This challenges range of motion and improves reach, grip, and shoulder control.

Maintenance Guidelines

◆ **Cleaning**

- Wipe the board and pegs daily with a soft cloth and a mild disinfectant.
- Use a brush to remove dust from peg holes.
- Do not soak wooden peg boards in water—this can warp or damage them.

◆ **Storage**

- Keep all pegs in a labeled container or pouch after use.
- Store the peg board in a dry, flat location.
- Avoid direct sunlight or damp environments, especially for wooden versions.

◆ **Inspection**

- Check for:
 - Loose or chipped pegs



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- Cracks in the board
 - Sharp edges or splinters
 - Replace damaged pegs immediately to avoid injury.
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Safety Tips

- Always sanitize between patients to prevent infection spread.
- Ensure pegs are large enough to avoid choking risk for pediatric use.
- Supervise elderly or cognitively impaired patients during use.