Introduction

Manual dexterity (the ability of the hand to handle objects) is a common impairment in persons with Multiple Sclerosis (MS). The Nine Hole Peg Test (NHPT) is the gold standard assessment of dexterity in persons with MS. The NHPT has been shown to be predictive of self-reported performance on activities of daily living (ADLs) in people with MS. However, the association between self report and actual performance of instrumental ADLs (IADLs) with manual dexterity was not yet examined.

Discussion

● The findings of this study indicate a significant relationship between fine motor skills and functional performance of daily activities.

● Consistent with literature, this study found that manual dexterity is an indicator of disability in individuals with MS and therefore NHPT scores can be used as a marker for overall IADL ability.

● Clinicians that work with persons with MS, who demonstrate manual dexterity impairments should focus on ADLs and IADLS to prolong independence and functional abilities.

Conclusion

● Further research is needed to determine how manual dexterity affects IADL performance in persons with MS, and which specific IADLs can be predicted by manual dexterity performance in NHPT.

● Future studies should take into account the impact of cognitive skills on money management while controlling for manual dexterity.