

**Title:** Videomanual for the Administration of the Nine-Hole Peg Test according to the Czech Extended Version of the Manual for the Nine Hole Peg Test (NHPT)

**Abstract:**

Fine motor skills are a complex motor function for humans, thanks to which a person can participate in social and working life. This important function can be impaired by various diseases, traumatic injuries or degeneration. As part of comprehensive rehabilitation, an occupational therapist is a specialist who provides effective treatment. Occupational therapist uses standardized tests to evaluate the development of fine motor skills during treatment. These tests focus on various aspects of fine motor skills such as: muscle strength, range of motion, dexterity, manipulation and grip strength. The Nine Hole Peg Test assesses all of these aspects and is a very sensitive tool for evaluating treatment. Proper administration is essential for standardized tests, which should be performed exactly as instructed. For the Nine Hole Peg Test, an expanded Czech version of the NHPT manual was published in 2021, which contains new rules on how to proceed and evaluate situations arising during testing that did not have a uniform published solution in previous publications.

The aim of this bachelor thesis was to create a videomanual for the administration of the Nine Hole Peg Test according to the Czech Expanded Version of the Nine Hole Peg Test (NHPT) Manual. This video manual will contribute to the interpretation of correct administration in practice and will serve as educational material for occupational therapists and occupational therapy students. It is hosted on the Moodle e-learning platform, specifically at this link <https://kurzy.lf1.cuni.cz/course/view.php?id=65>. To create the video manual, video documentation of the testing of 11 healthy adults was taken and edited by the author. All footage was taken after the participants signed the Informed Consent for Testing. The video manuscript is approximately 39 minutes long and covers basic information about the standardized test itself to very detailed and essential for the video manual solutions to model situations that may arise during testing.

**Keywords:** Nine Hole peg Test, standardized test, occupational therapy, fine motor skills, videomanual