

The Zoom Game

The *Zoom Game* developed by John Murray, OTR/L, is an effective 52 second warm-up activity to be used before starting homework, classwork, tests, or writing in general. The zoom game can be used for ALL children, at home, at school, or virtually anywhere!

The Zoom Game not only engages children's sensory systems (tactile, proprioceptive, etc.), but also engages muscles of the upper extremities, including fine motor muscles in the hand.

The Zoom Game activates the following muscles:

Muscles of the Shoulder & Arm:

- Brachialis – Shoulder Flexion
- Coracobrachialis - Adduction
- Biceps Brachii – Elbow Flexion
- Triceps Brachii - Extension
- Pectoralis Major – Internal Rotation
- Latissimus Dorsi – Internal Rotation, Adduction
- Deltoid – Shoulder Flexion, Internal Rotation (clavicular head)
- Teres Major – Adduction, Internal Rotation
- Rotator Cuff Muscles (Supraspinatus, Infraspinatus, Teres Minor, and Subscapularis) - Stabilization of Shoulder, Internal Rotation, and Adduction
- Serratus Anterior – Draws scapula anterolaterally

Muscles of Forearm, Wrist, & Hand:

- Pronator quadratus - Forearm pronation
- Flexor pollicis longus - Flexion of the phalangeal joints of the thumb
- Flexor digitorum profundus - Flexion of the distal phalanges at the interphalangeal joints of the 4th and 5th digits (medial part) and of the 2nd and 3rd digits (lateral part)
- Pronator teres - Pronation of forearm, flexion of elbow
- Flexor carpi radialis - flexion and abduction of the hand at the wrist joint
- Palmaris longus - Flexion of the hand at the wrist joint
- Flexor carpi ulnaris - flexion and adduction of the hand at the wrist
- Flexor digitorum superficialis - Flexion of middle phalanges at proximal interphalangeal joints and flexion of the proximal phalanges at the metacarpophalangeal joints of the middle four digits
- Supinator - Forearm supination

- Extensor digitorum - Extension of the index, middle, ring and little fingers
- Extensor carpi ulnaris - Extension and adduction of the wrist
- Extensor carpi radialis longus and brevis - Extension and abduction of the hand at the wrist joint
- Extensor indicis proprius - Extension of the 2nd digit
- Extensor digiti minimi - Extension of the little finger
- All 34 hand muscles – opposition, flexion, extension, adduction, abduction of the hands and digits

The Zoom Game is a quick and effective method to help children regulate and engage their sensory systems, while also activating over 50+ muscles. Routine use of the Zoom Game may enhance classrooms of children and individual children's focused attention on writing and other fine motor tasks.

To learn how to lead the Zoom Game or for further explanation please go here:

<https://www.murraytherapy.com/activities/zoom-game>