

# Key Knife & Fork Sequences

## for people with hemiplegia

A visual guide to separating the roles of the doer hand and helper hand, with flexible options for comfort, control and success.

### DOER HAND

The hand doing the main movement.

### HELPER HAND

The hand stabilising, guiding or supporting.

### SAWING

Controlled back-and-forward knife movement.

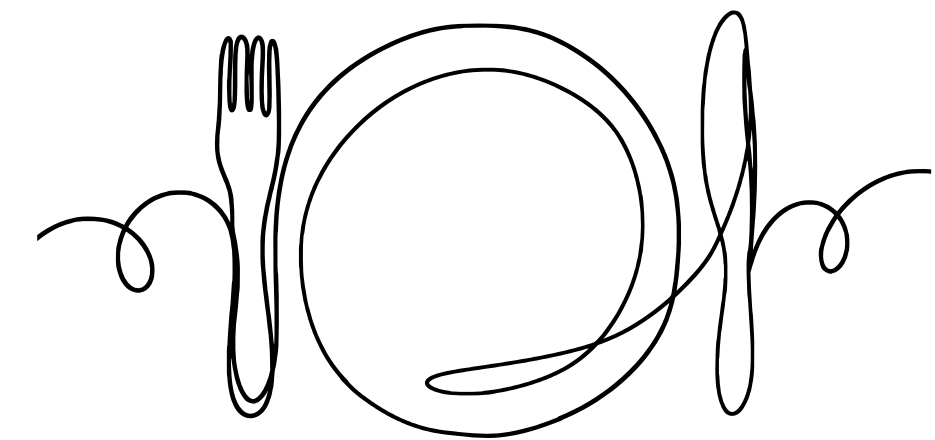
### FLEXIBLE

Swap hands or change food position when this improves control.

## CHEF MODE 1 Preparing larger / firmer foods

Use this preparation sequence for foods such as cucumber or larger strawberries.

- Hold the food securely with the helper hand.
- Use the knife with a controlled sawing motion.
- Coordinate stability in one hand with movement in the other.



## CHEF MODE 2 Preparing smaller foods

Choose the option that gives the best combination of comfort, safety and control.

- Option 1: helper hand holds the food; doer hand cuts.
- Option 2: fork stabilises the food; knife cuts.
- Option 3: swap hands depending on comfort and task demands.

**Useful principle: The sequence can change. Repositioning the food, swapping utensil roles or changing hand use can make the task easier.**

# Cutlery Sequences For Young People With Hemiplegia

## 1. SCOOP / LOAD (e.g. sweetcorn)

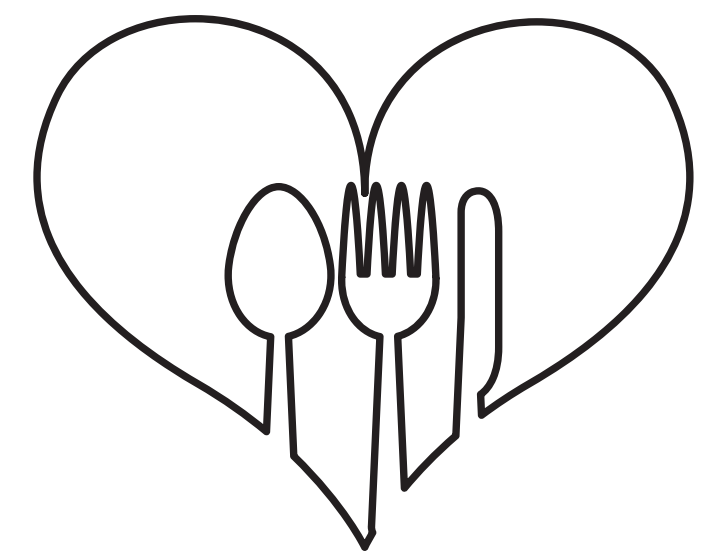
**FORK ↑ + KNIFE = WALL**

- 1 Hold the fork in the doer hand, with the fork curve facing up.
- 2 If helpful, hold the knife in the helper hand and use it as a guide or “wall” to load food onto the fork.

## 2. SOFT FOOD CUTTING (e.g. fish fingers)

**STABILISE → SAW → REPOSITION**

- 1 Use the fork to hold the food steady.
- 2 Use a gentle sawing motion with the knife.
- 3 Change the alignment or position of the food if this makes sawing easier.
- 4 Hand roles can be adapted so the most effective hand completes the more demanding movement.



## 3. HARDER FOOD CUTTING

**STAB ↓ → SWAP → STABILISE → SAW**

- 1 Stab the food with the fork in the doer hand; fork curve faces down.
- 2 Swap the fork into the helper hand to stabilise the food.
- 3 Bring the knife alongside / behind the fork.
- 4 Use increased pressure with a controlled sawing action in the doer hand.

## 4. PUSH & LOAD

**FORK + KNIFE WALL → LOAD**

- 1 Hold the fork in the doer hand.
- 2 Use the knife in the helper hand as a “wall” to push food towards and onto the fork.

**Remember: Aim for a sequence that supports independence, comfort and control. There is no single “correct” hand pattern — utensil roles can be adapted to the person and the food.**