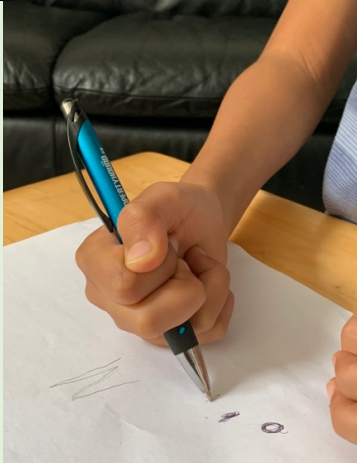


## INEFFICIENT PENCIL GRASPS

Inefficient grasps cause fatigue, pain, and illegible writing



### INTERDIGITAL BRACE

- index & middle fingers wrapped around
- pencil rests in space between index & middle finger
- top of pencil rests in thumb webspace
- pencil directed from forearm and wrist
- applies increased force so tires easily
- Child usually has weak core stability, decreased body & spatial awareness, difficulty crossing midline and reduced balance

### INDEX OR FIVE FINGER GRASP

- index finger at top of pencil & braces at the last joint to stabilize pencil
- the DIP joints at end of fingers tend to be hyper-extended & fixed
- movement comes from the wrist
- often child uses light or too much force
- may tighten their shoulders for stability
- Child usually has weak core stability & shoulder strength, & precise control



### THUMB TUCK OR WRAP

- Thumb wrapped over or tucked beneath the index finger
- weakness & instability in thumb muscles
- hard to control force, may press too hard
- pencil strokes directed from wrist / forearm
- big writing with less precision & dexterity
- fingers & thumb fix the pencil vs move it
- Child usually has weak core stability, body awareness, strength, & balance



### ANOTHER THUMB WRAP VARIATION

- index and middle fingers fix the utensil versus mobilize it
- avoid using thumb due to weakness and instability
- fingers & thumb fix pencil vs move it
- often applies too much pressure
- find alternate ways to stabilize body by tightening shoulders, squeeze elbows at sides, or hold pencil too tightly

