

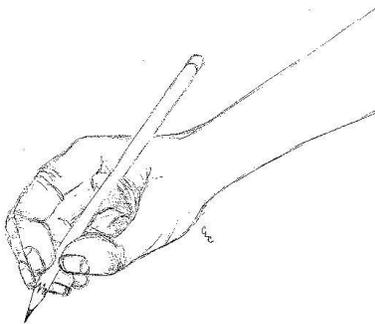
Writing Grasps

The precise relationship of functional writing and pencil grasp has not been determined. Occupational therapists and educators have long recommended the mature dynamic tripod grasp. This grasp provides the most control of the pencil. Variations of this grasp (lateral tripod, dynamic quadrupod, adapted tripod) are common in children with legible handwriting. A grasp with an open web space between the thumb and fingers is preferred. Although pencil grasp has been extensively researched, grasps are variable. Pencil grasp should be considered for modification if the child also has difficulty with spacing, fatigue, in-hand manipulation skills, and alignment of letters and words on the writing line. Inefficient grasps can be effective but should be considered when persistently interfering with handwriting.

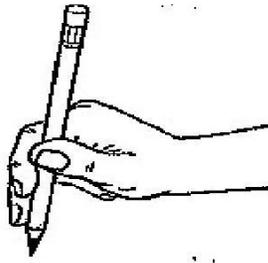
Efficient Grasps

A **dynamic tripod** grasp consists of the ring and pinkie finger being tucked into the palm of the hand with the thumb and

index finger pinching the writing utensil and the middle finger supporting the underside of the writing utensil (see illustration).

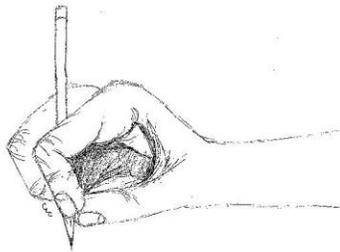


A **lateral tripod** grasp resembles the dynamic tripod with the thumb crossing and bracing the pencil on the pencil on the side of the index finger. The wrist has more extension (bent up).



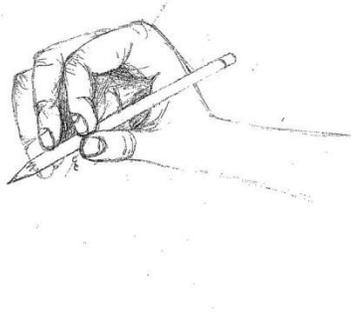
An **adapted tripod** grasp is another efficient grasp. This grasp consists of placement of the pencil in the space between middle

and index fingers supported by the thumb, index and middle fingers. This grasp is beneficial those with weak hand muscles.



A **dynamic quadrupod** grasp consists of the pinkie finger being tucked into the palm of the hand with the thumb, index

and middle finger pinching the writing utensil and the ring finger supporting the underside of the writing utensil (see illustration).



Static Tripod- grasps resembles the dynamic tripod in structure. However, when writing student will demonstrate movement of the entire arm instead of individualized finger movements.



Inefficient Grasps

Fisted- grasp consists of fingers and thumb being wrapped around the pencil with the pencil being held in the vertical position



Thumb Wrap- grasp consists of tight wrapping of the thumb around the pencil to try to increase grasp stability. Results include tightness and pain of the thumb and web space and fatigue in handwriting



Thumb Tuck-grasp consists of tight tucking of the thumb under the index finger and the middle finger supporting and stabilizing the writing utensil



Index- grasp consists of writing utensil being stabilized by the pads of the thumb and pinky finger. Movement of the writing utensil stems from the pad of the middle finger and side of the index.



An efficient pencil grasp may be facilitated by using a pencil grip (available in catalogs or at school supply, parent-teacher, or office supply stores). Pencil grips may be beneficial for students with closed web spaces to reduce muscle fatigue and tension during writing. Some students use pencil grips more for comfort than positioning. Improvement in stabilizing the hand for writing can be achieved through the use of holding a small eraser, or sponge with the ring and pinkie fingers.