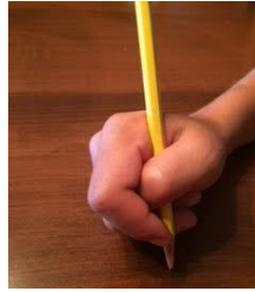


## Fixing Grasp – Thumb Wrap/Thumb Tuck



Thumb Wrap



Thumb Tuck

Thumb is wrapped over top of index finger or tucked under index finger creating a closed web space. A student does this in attempts to increase stability of the pencil. Difficulties that arise from using a closed web space grasp include:

- Decreased writing speed
- Premature fatigue
- Apply heavy pressure to paper
- Difficulty keeping writing instrument where they want it on the paper (decreased control)

### Strengthening Activities for Open Web Space in Classroom/Centers

1. Tennis ball “mouth” to pick up manipulatives (see appendix)
2. Clothespins – monitor for correct positioning and maintenance of open webspace (See Appendix)
3. Tweezers/Tongs/Strawberry Huller – same activities as “clothespins” will work. Student has to maintain “pinch” to hold manipulative.
4. Eye Dropper - Make colorful designs on coffee filter using food coloring and water mixture
5. Turkey Baster/Baby Nasal Aspirator -Squeeze bulb to “pass” a ping pong ball or cotton ball back and forth using air
6. Cutting
7. Tearing paper (tissue paper, construction paper, copy paper)
8. Hole Punch
  - Make holes on paper that correspond to number on card
  - Use “punch out” pieces to decorate paper/art work
9. Playdoh
  - Use rolling pin with both hands
  - Pinch and roll pieces between finger and thumb
  - Push small pegs, coins, legos, cookie cutters inside...
  - Hide/find small objects hidden inside playdoh/clay

10. Pickle Fork/3-point Grabber/Spinners

11. Put coins into piggy bank

12. Pop bubble wrap with fingers

13. Don't Spill the Beans

14. Operation

15. Ants in the Pants

16. Any board game with pieces to grasp with fingertips and move (Sorry, Candy Land, Chutes & Ladders...)

17. Shake dice – cup hands together forming empty space between palms



## Adapted Grips

### Writing CLAW Grasp

- Writing instrument slides through middle hole
- Place fingers inside “hats”. “Hats” are label T=thumb, index and middle finger fall into place
- 3 sizes
  - Small typically fits PreK- 2<sup>nd</sup> grade
  - Medium typically fits 3<sup>rd</sup> – 6<sup>th</sup> grade
  - Large typically fits 7<sup>th</sup>-Adult

Purchase/Order:

[www.therapysshoppe.com](http://www.therapysshoppe.com)



### Cross-Over Grasp

- Pencil fits through middle hole of grip
- “Wings” at the top prevent fingers from crossing over assisting in maintaining open web space.
- 1 size fits all

Purchase/Order:

[www.therapysshoppe.com](http://www.therapysshoppe.com)



### Stetro Grasp

- Pencil fits though middle hole of grip
- Smaller, less obtrusive grip aide.
- Can be used as a transitional aide

Purchase/Order:

[www.therapysshoppe.com](http://www.therapysshoppe.com)



## Fixing Grasp – Digital/Palmar Grasp



Palmar grasp is the most immature pencil grasp, typically seen in development of 1-1½ year olds. This grasp is immature for school-age students and noted by the decreased finger isolation or dynamic finger movements. This grasp is inefficient as it does not allow for small isolated strokes. Difficulties that arise from using a palmar include:

- Decreased control
- Decreased speed
- Increased pressure through pencil
- Premature fatigue

### Activities to Develop Finger Manipulation

1. Manipulate small coins/discs
  - Hold a few coins/discs in hand and transfer to fingertips to place into slot (ie: piggy bank, slot can be cut into lid of container)
  - Use coins/discs as bingo markers
2. Push pins into bulletin board
3. Stringing beads
  - Thread increasingly small beads onto string, yarn, pipecleaner ...
  - Increase demands on in-hand manipulation: pick up several beads and hold in hand while transferring beads *individually* to finger tip in order to string without dropping remaining beads
4. Lite Brite
5. Use short/broken crayons, chalk, pencils. Avoid larger diameter pencils, chalk, crayons, markers.
6. Buttoning/unbuttoning; snapping/unsnapping
7. Clothespin activities – ensure proper positioning (see Appendix)
8. Playdoh
  - Pinch and roll small pieces into little balls using finger tips
  - Hide/find small objects inside playdoh. Once object (coin, peg, bead) is found make sure all playdoh is removed using fingertips.
9. Stamps – best set up on vertical surface to encourage proper wrist position.
  - Use small stamps to decorate paper in art center
  - Stamp within a parameter ie: through maze path, inside or around shape boundary
  - If using a stamp pad, set pad up on opposite side of body to encourage reaching across midline.
10. Put coins into piggy bank using finger tips
11. Pop bubble wrap with fingers
12. Ants in the Pants
13. Any board game with pieces to grasp with fingertips and move (Sorry, Candy Land, Chutes & Ladders, Connect Four...)

### Adapted Grips:

- Use short pieces of chalk, pencils, or crayon for writing and drawing. This will force the student to use his fingertips for increased control.
- Place small object into student's hand and instruct them to "hide" this object under ring finger and pinky finger while writing. This will give these fingers a "job" and less likely to sneak back onto the pencil.



### Writing CLAW Grasp

- Writing instrument slides through middle hole
- Place fingers inside "hats". "Hats" are label T=thumb, index and middle finger fall into place
- 3 sizes
  - Small typically fits PreK- 2<sup>nd</sup> grade
  - Medium typically fits 3<sup>rd</sup> – 6<sup>th</sup> grade
  - Large typically fits 7<sup>th</sup>-Adult
- Purchase/Order: [www.therapysshoppe.com](http://www.therapysshoppe.com)



### Handi-Writer

- A two-piece banding system that holds the pencil back in the web space while promoting a better grip.
- Purchase/Order: [www.therapysshoppe.com](http://www.therapysshoppe.com)

