

Fixing Grasp – Hook Grasp



Hook Grasp

Wrist is bent forward (flexion). When positioning your wrist in this flexion position, fingers feel “stiff” and are hard to control and move. (TRY IT!) Extending the wrist means the muscles operating the fingers can work freely. Students often use this “hook” grasp because:

- Poor fine motor skills
- Low muscle tone
- Left hand dominant

Accommodations

- Proper body and paper positioning can facilitate wrist extension. Refer to *Getting Ready to Write* handout earlier in this binder.
- Use binder turned sideways to create slanted position for writing. This encourages wrist extension. If a binder does not provide enough angle, then a slant board can be tried.

Wrist Extension Activities

1. Restaurant game – have student carry a tray on outstretched hand with palm up. As the student gets stronger, you can increase the amount of “things” that carry on the tray (pretend food, dishes...)
2. Weight bearing activities
 - Push ups on floor or wall (wall pushups are easier and less strain on weaker wrist)
 - Crab walk, crawling, bear walk...
 - Lean on hand flat on floor while playing board games, completing floor puzzle, drawing/coloring with sidewalk chalk
3. Work on vertical surface – Use an easel, blackboard, slantboard, paper on window or wall. Student can do anything in this position; painting, simple coloring, drawing, sticker/stamp art, mazes, dot-to-dot, rubbing plates
4. Lite Brite
5. Color form or felt boards