

OT Time!

Fine Motor: Hand/Finger Strengthening and Grasp

Promoting a Mature Grasp

Proper hand/finger positioning includes wrist extended with fingers flexed and 1st three fingers on the pencil in a tripod position. Active finger movement (as opposed to whole hand movement) makes writing and coloring more effective.

- Write/color on a vertical surface – white board/chalk board on wall, easel, slant board (or 3 inch binder used as slant board), laying on stomach while writing/coloring
 - Vertical surfaces automatically put the wrist in the correct extended position
- Use short writing implements (less than 2 inches in length) – golfer pencils, broken crayons, short pieces of chalk
 - Providing small writing implements will make it difficult to use a fist grasp, therefore promoting the use of the 1st three fingers
- Promote wrist extension:
 - Staple items on a bulletin board, push tacks/push pins in a cork board placed on the wall, stack items above head height
- Promote refined finger movements:
 - Insert coins/buttons into slotted containers, use a pegboard attached to a wall surface, use small manipulatives (pop beads, nuts/bolts, interlocking resistive toys), use items that promote pincer grasp (stringing beads, lacing boards, clothespins)



Tripod Grasp

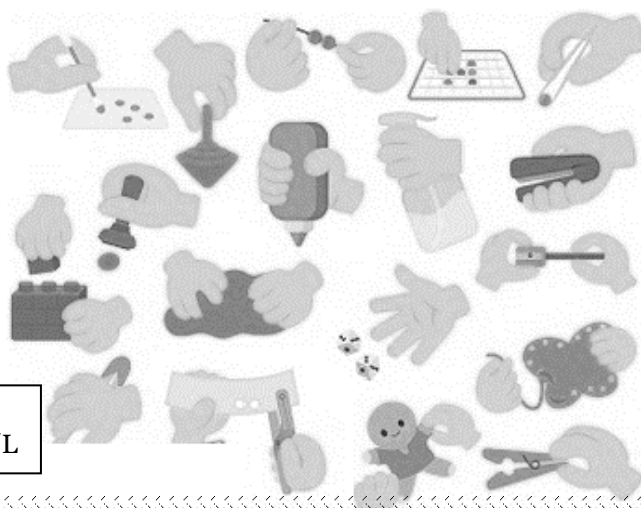
Hand/Finger Strengthening Activities

Items to use to increase hand/finger strength:

- Tweezers/tongs
- Balloon pump
- Clothespins and bag clips
- Stress balls and stretch toys
- Elastic bands
- Playdough with cookie cutters/rolling pin
- Resistive putty
- Bubble wrap
- Paper clips
- Pipe cleaners and beads
- Hole puncher
- Spray bottles
- Legos
- Eye droppers

Activities to increase hand/finger strength:

- Crawling
- Wheelbarrow walks
- Turning self on Sit'n'Spin
- Digging in the sand
- Climbing
- Hanging on jungle gym
- Push another person on swing
- Tug of war
- Pull a heavy wagon



Specific questions or comments?

Contact your school's occupational therapist!