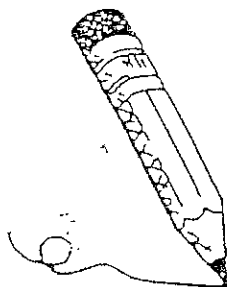


Rec. • hand strengthening
a working/writing
on a vertical
surface



Activities

to

Improve Hand Skills

• Triangle pencil
grasp

Some activities can be used to help fine motor development and promote and improve hand grasp skills for writing. Nothing is more motivating to a student than toys, games and play. The activities chosen should be experienced as fun. The student should focus on the activities rather than on consciously "working" to improve a skill.

OTR

MUSCLE TONE

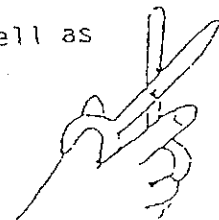
Muscle tone and joint stability in the trunk, shoulders, wrists and hands are important for hand skill development.

1. Working in the vertical position helps strengthen the whole arm which is an important foundation skill for writing.
 - a. Try drawing on a wall mounted chalkboard.
 - b. Use an easel for drawing.
 - c. Draw on the tub wall with soap foam or shaving cream.
 - d. Draw letters or numbers in the air with a flashlight.
 - e. Some commercial toys can be used on the vertical. Examples include LIGHTS ALIVE, LIGHT TRACER, MAGNADOODLE, LIGHT BRIGHT, BATTLESHIP.
2. Heavy work activities develop arm muscles. Try some of the following:
 - a. Push ups, pull ups.
 - b. Hand stands/wheelbarrow.
 - c. Crab walk.
 - d. Swing on a trapeze/monkey bars/ a climbing ladder.
 - e. Forearm weightbearing during TV watching/reading.

SMALL MUSCLES OF THE HAND

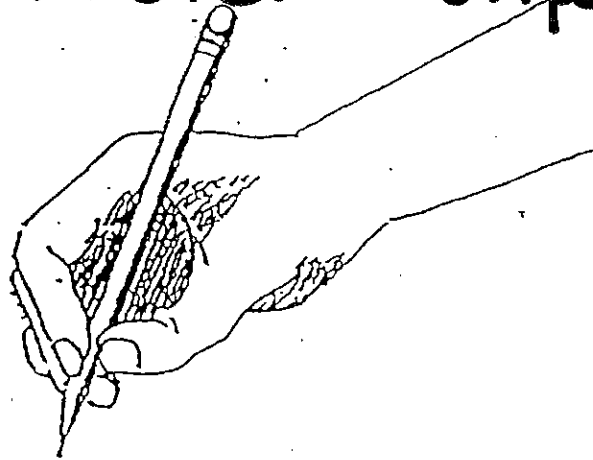
The hand muscles (intrinsic muscles) are vital for skilled movement, speed and an efficient functional grasp. As the hand develops, the thumb side becomes more skilled in precision while the other side, the power side, becomes stronger. This is vital for developing a functional writing grasp and general hand dexterity. Try some of the following:

1. Snap fingers, spin a top.
2. Mold, roll or play with clay/playdoh/silly putty.
3. Use a squirt gun or spray bottle.
4. Play games with cards, coins, chips or pegs to manipulate.
5. Work on stringing/lacing activities; lacing cards, lace projects or sewing.
6. Use Tweezers. Good games include OPERATION, BED BUGS.
7. Use hole puncher for art projects.
8. Rotate hand as in opening a jar lid or turning a door knob. A game called SPAGHETTI uses this movement.
9. Practice dressing skills with buttons, zippers, snaps. Play up dress or dress dolls.
10. Using scissors and holding them correctly helps strengthen pencil grasp muscles.
11. Games such as Jacks, Pick Up Sticks, Marbles all help develop hand skills as well as eye-hand coordination.

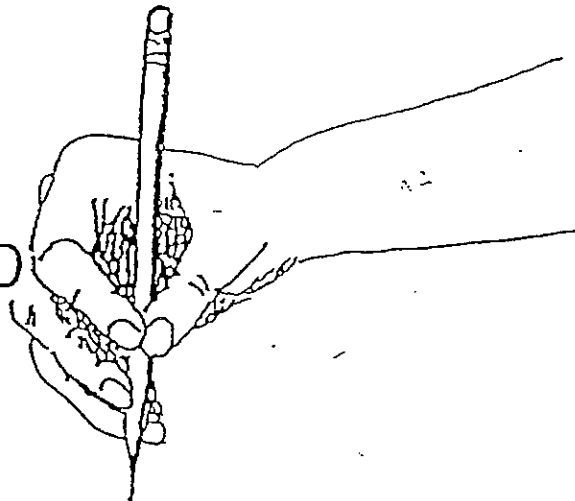


Efficient Grips

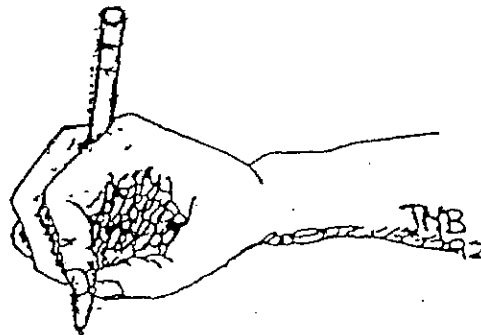
TRIPOD



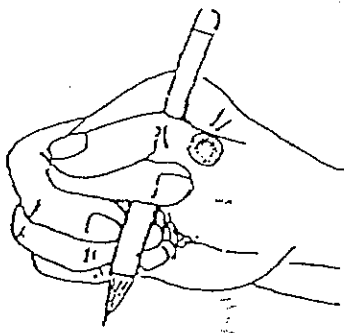
QUADRUPOD



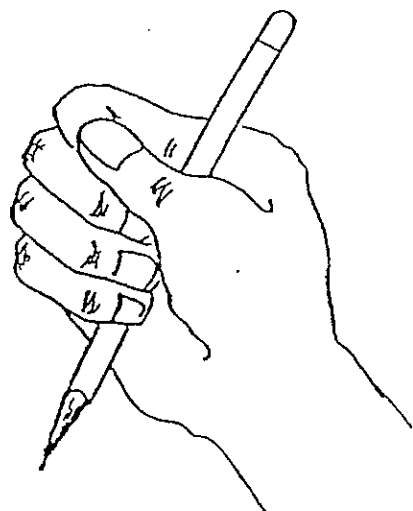
ADAPTED
TRIPOD



Inefficient Grips



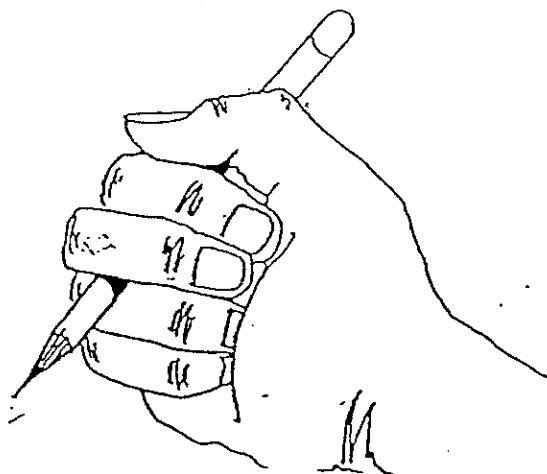
THUMB WRAP



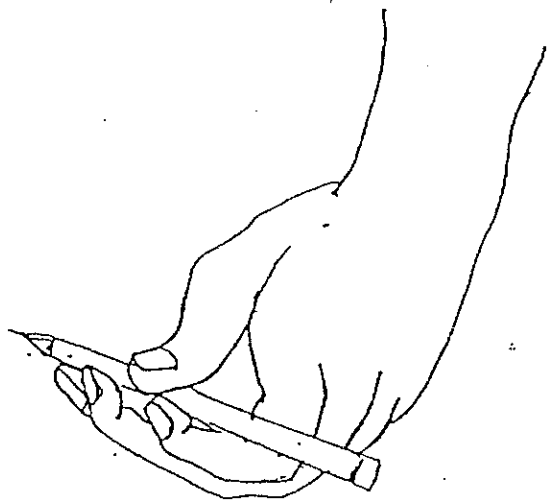
TRANSPALMAR



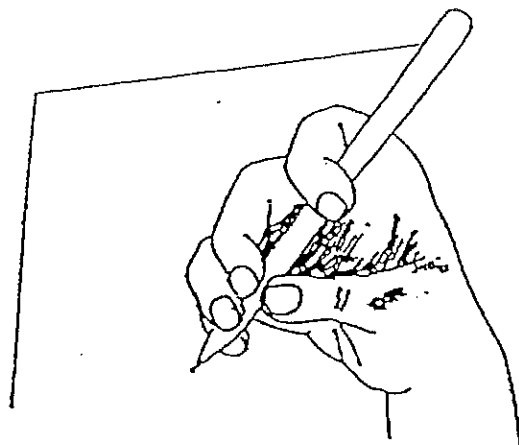
THUMB TUCK



INTERDIGITAL BRACE



SUPINATE



INDEX GRIP