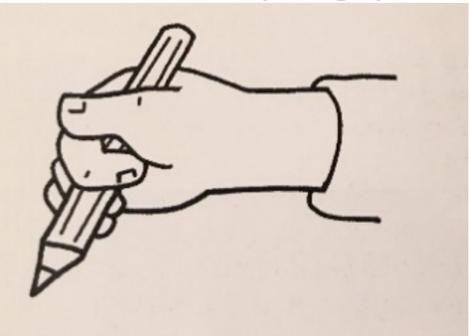
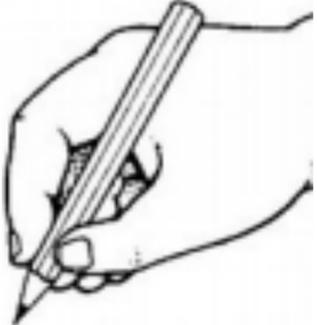


<p>Cylindrical (Palmar Supinate) Grip</p> 	<p>Digital (Digital Pronate) Grip</p> 	<p>Modified (Static Tripod) Grip</p> 	<p>Inverted Tripod grip</p> 	<p>Tripod (triangulation) grip</p> 
<p>Develop upper body pivotal joints in shoulders, elbow...</p> <ul style="list-style-type: none"> <li>• Washing walls with soap and brushes</li> <li>• Painting with mops</li> <li>• Playing swing ball with a pair of tights</li> <li>• Lolly stick racetracks</li> <li>• Swing painting (tights and teabags)</li> <li>• Painting trees with shaving foam</li> <li>• Foam bike tracks</li> <li>• Big digging in sand and soil</li> </ul> <p>Develop proprioception (knowledge of how different muscles relate to each other) and balance.</p> <ul style="list-style-type: none"> <li>• Upside down mark making.</li> <li>• Upper body workout</li> </ul>	<p>Develop pivotal joints in wrist...</p> <ul style="list-style-type: none"> <li>• Threading</li> <li>• Sewing</li> <li>• Dabbing with sponge or brush</li> <li>• Fishing game or similar</li> <li>• Splatter painting</li> </ul>	<p>This is usually around the same time that children are beginning to link sounds to letters and starting to use their manual dexterity to record those letter sounds as writing. The mark-making tool has been pushed right down to the end of the fingers. The thumb is used to clamp the mark-making tool in place, and it is mainly the little finger that is creating the range of movement.</p> <p>A crucial stage and needs to be handled with care! The more the child begins to regularly record with this grip the more their brain gets into the habit of thinking this way is 'comfortable' and it becomes the norm. Time to intervene and help children to transition to the 'ultimate' grip – the triangulation tripod.</p>	<p>Lots of opportunity to practise manipulating final finger joints, either by using them to pick up or manoeuvre tiny objects, or to work with a small amount of malleable material that will give a great deal of resistance like putty.</p>	<p>A tripod grip is where the mark making implement is held between the thumb and the forefinger and is supported from behind by the pivoting joints for the thumb and fingers. This allows for maximum flexibility and maximum range of movement and is why it is the 'ultimate grip'!</p>
<p>To aid children transition to tripod grip complete activities to develop:</p> <ul style="list-style-type: none"> <li>• Pincer grasp/grip</li> <li>• Palm arches</li> <li>• In hand manipulation</li> <li>• Thumb opposition</li> <li>• Finger isolation</li> <li>• Knuckle, PIP and DIP joints</li> <li>• Bilateral co-ordination</li> <li>• Hand-eye co-ordination</li> </ul>				

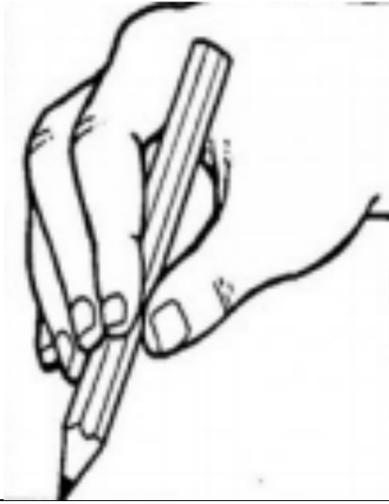
Cylindrical (Palmar Supinate) Grip



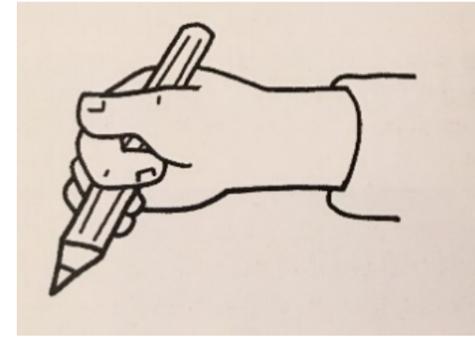
Digital (Digital Pronate) Grip



Modified (Static Tripod) Grip



Inverted Tripod grip



Tripod (triangulation) grip

