

Hand Sequence Pattern

For efficient cognitive processing and use of distal manipulation required for holding a pencil in a tripod grasp, the hand must have solid mechanics and strong muscles.

- Place arms straight out in front of body – be sure the elbow does not bend
- Squeeze marker with both hands, one hand, other hand, both hands
- Practice the following sequence daily



Basic patterns for grasp



Thumb in thumb across thumb to side thumb out sign "e" pointer

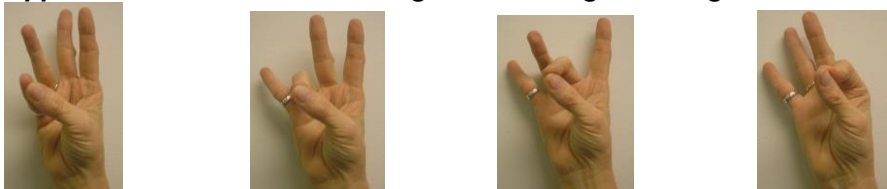


Pointer thumb pincer in/out long index/thumb 3 jaw chuck middle/index/thumb 3 jaw chuck in/out



Transitional patterns

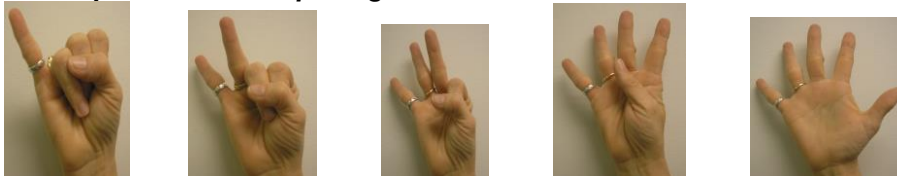
Opposition: and *tug of war* using each finger/thumb holding straw or popsicle stick



Pinky to thumb ring to thumb middle to thumb index to thumb



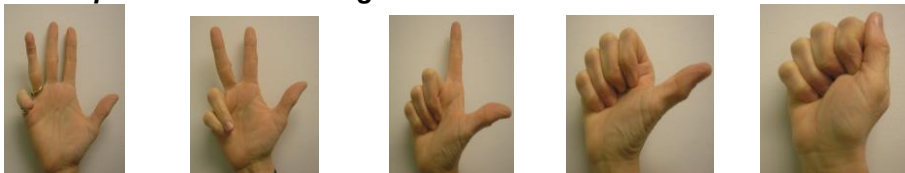
Sequential hands opening



Pinky open ring open middle open index open thumb open



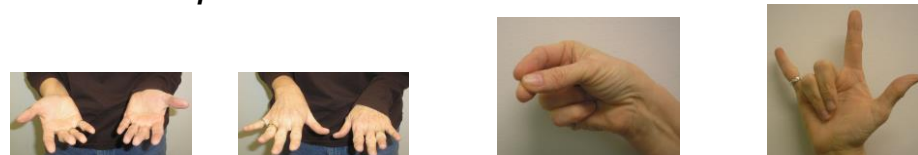
Sequential hands closing



Pinky close ring close middle close index close thumb close



Alternative patterns for functional skills



palms up palms down snap sign "I love you"

- Repeat squeeze pattern from above

