

Development and Retention of Fine Motor and Handwriting Skills

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Area of Concern	Tool	Purpose	Expected Results
Posture	-Feet on Floor -Writing surface low? -Sit backwards on chair	Provide pelvis and shoulder stability. Stability of the bigger muscles supports mobility of the smaller muscles.	An individual will be able to engage big muscles to support the smaller muscles
Needs to Weight-Bearing through the pinky	Write on a vertical surface -Wall -Slant board -3-ring Notebook	The hand should not "float" and needs to rest in a thumbs up position. The pinky side of the hand provides stability and the thumb side is used for mobility.	This will help to write darker This places the wrist & hand in a more natural posture for writing Also helps decrease fatigue in eye muscles
Too Much Pronation (palm down)	Pencil weight. I prefer nuts (fastener found at the hardware store) & rubber bands to keep them on the eraser end of the pencil	Improve neutral wrist position (thumbs up) & supination (palm up) Enables an individual to see what they are writing instead of relying on muscle memory.	Improves the ability to write smaller Also encourages weight bearing through the pinky
Poor Finger Placement on the Pencil Writing is Too Big	Grip - keeps the thumb & pointer finger on the pencil while the pencil rests on the inside of the knuckle of the middle finger	Allows one to hold a writing implement not too tight or too loose	Improve ability to write smaller & increase writing endurance
Writes Too Fast	A hand weight - goes on the back of the hand	An individual will feel grounded can take their time to write neatly & purposefully	Helps an individual to write slower on the line with better formation
Doesn't Seem to Write on the Line	Highlight the bottom line Skip lines Use alternative paper	Gives the individual a place to visually attend to the correct spot on the paper. Skipping lines gives room to write bigger & neater. Gives space for corrections	Students' letter's "sit" on the line
Activities/Tools	-Use a Legi Liner Use a grip strength trainer - I like Grip Master	It's important to write on lines when working on legibility Having stronger hands & fingers will improve endurance & grip	External scaffolding helps to set up individuals for success