

# Development and Retention of Fine Motor and Handwriting Skills

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| Area of Concern   | Tool  | Purpose  | Expected Results   |
|---|---|--|--|
| Posture   | -Feet on Floor<br>-Writing surface low?<br>-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<br>-Wall<br>-Slant board<br>-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<br><br>This places the wrist & hand in a more natural posture for writing<br><br>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)<br><br>Enables an individual to see what they are writing instead of relying on muscle memory.         | Improves the ability to write smaller<br><br>Also encourages weight bearing through the pinky  |
| Poor Finger Placement on the Pencil<br><br>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<br><br>Skip lines<br><br>Use alternative paper  | Gives the individual a place to visually attend to the correct spot on the paper.<br><br>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<br><br>Use a grip strength trainer<br>- I like Grip Master  | It's important to write on lines when working on legibility<br><br>Having stronger hands & fingers will improve endurance & grip   | External scaffolding helps to set up individuals for success   |