

Pencil Grasp Reference Sheet

Early Grasps



Radial Cross Palmer
0-2 years
Pencil positioned across palm held with a fist hand.



Palmer Supinate
1-2 years
Pencil held like a dagger.



Digital Pronate Grasp
2-3 years
All fingers hold the pencil and the palm faces down towards the page.



Four Finger Grasp
3-4 years
Four fingers are held on the pencil beginning to form the arc between the thumb and index finger (web space).

Inefficient Grasps



Inter-digital Brace
The pencil is held between the fingers of the hand.



Thumb Tuck grasp
The thumb is tucked under the first three fingers or wrapped around them.



Key or Lateral Pinch Grasp
This grasp has the thumb positioned across the index finger closing the web space between these fingers.



Hyperextended index finger
Tripod grasp where the index finger is extended too far at the DIP (distal interphalangeal joint) due to excessive pressure.

Functional Grasps



Static Tripod Grasp
4-6 years
A 3 finger grasp where the thumb, index and third finger work together as one unit.



Dynamic Tripod Grasp
5-7 years
This tripod grasp is held by the first three fingers which move independently to the 4th and 5th fingers. The web space is open and becomes circular.



Lateral Tripod Grasp
The index finger lies on top of the pencil with the thumb across the index finger.

