Establishing A Tripod Writing Grasp Through Phrases Jorge A. Ochoa, OTR

The tripod (3-finger) grasp involves holding an item (pen, pencil, crayon, etc.) between the ends of the thumb and index finger and side of the middle finger. Item should be slanted with non-marking end resting comfortably within the open (circular) area between the thumb and index finger. Ring and little fingers should be tucked into palm.

The following phrases may help in establishing this grasp:

- 1) Rest it with the three and the other two will flee.
- 2) Use the three, have a slant, while the others can't.
- 3) Use the three fingers and let the rest linger.
- 4) Let three hold it away with the fourth and the fifth in the palm to stay.
- 5) Hold it with three with a slide and the other two should hide.
- 6) Use three fingers to write while the others are out of sight.
- 7) Use the first three on paper, and the other two you'll see later.
- 8) Each one is a friend, but the last two hide at the end.
- 9) Put the three in position, and the other two in the cushion.
- 10) Allow it to work with the three, while the other two rest for free.
- 11) All three for writing, while two remain hiding.
- 12) Three are holding something, but the other two hold nothing.
- 13) Use three to hold it right, and get the other two out of sight.
- 14) Use three to hold it at an angle, keep two away so they don't tangle.
- 15) Thumb, index, and middle fingers have fun, while the other two are on the run.

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