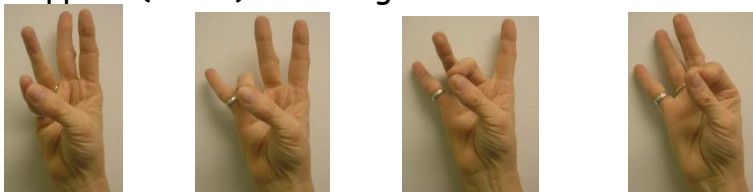




## Finger tug of war

To have the necessary motor mechanics for handwriting, the intrinsic muscles of the hand must be developed through opposition. The following activities will develop those necessary hand muscles.

- Squeeze object with both hands, right hand, left hand, both hands - be sure thumb is across the fingers and elbows are straight.
- Oppose (touch) each finger to thumb



- Tug of war - be sure to position elbow against side of body or on stable surface to prevent recruitment from other muscles



Index/thumb



Middle/thumb



Ring/thumb



pinky/thumb

- Tug of war variations
  - Popsicle sticks
  - Paper
  - String/yarn
  - Straw
- Squeeze both hands, right hand, left hand, both hands

