

Grips and Grasps

Small Muscle Development - Ladybug

The way our hands are positioned when we hold objects.

There are two types of grasps - **power grasps** and **precision grasps**. **Power grasps** are used when we need to hold bigger objects and when we need to use more power and strength. **Precision grasps** are used when we need to hold smaller objects with our fingertips.

Power grasp

Ball



Cylindrical



Hook



Precision grasp

Key



Pincer



Lumbrical



Pinch

