

# Hand positions

Do you write with your hand on edge, or is it slightly flattened? The 'hand on edge' way works well if you are relaxed but can cause trouble if you are tense. Under pressure you can tip your hand too far over so your wrist twists. This can hurt. Flatten your hand a little, so that your wrist straightens automatically. This soon stops the pain. Do not go to the other extreme and flatten your hand too much or you will make another set of muscles ache.

The tripod grip works well with a pencil or a fountain pen but not always so well with modern pens. They have to be held more upright to work well. This may be why so many people have unconventional pen holds. Some work quite well. There is an alternative pen hold that helps to cure pain and writer's cramp. Ask to see the illustration (no 7) on page 29. If your pen hold is causing you trouble you must do something about it. First find which part of your hand or arm is strained. Experiment with different positions until your whole hand can relax and move freely.

It may take a while to get your muscles used to a new writing position. Start with some of the relaxing scribbles on page 33 before you try long sentences.

When you alter your hand or finger position the slant or proportions of your writing can change. Alternatively if you want to change the slant of your writing play around with your hand position or pen hold.



Hand on edge.



Hand slightly flattened.