

# Pen holds

The way you hold your pen affects your handwriting more than you realise. It can make the difference between an aching hand and trouble-free writing. Ask yourself these questions.

- 1 Does it hurt me to write for any length of time?
- 2 Can I write as fast as I want to?
- 3 Does the way I hold my pen distort my letters or restrict my movements?

If the answer to any of these is 'yes', then read on.

The conventional way of holding a pen is called a tripod grip. You put your thumb and first finger gently on either side of the pen and your middle finger underneath. This way everything can move freely as you write. If you have a problem you must look at each part of your grip separately: your finger position, your hand position and your wrist.

Let us start with the fingers.

Try these different finger positions.

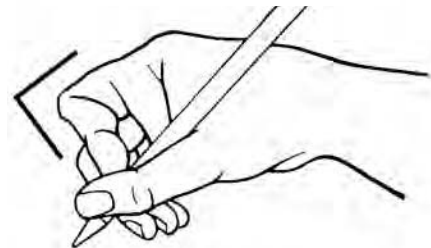
It even makes a difference which finger is nearest the pen point. When the first finger is in front you can make the quick changes of direction that you need in writing. When the thumb is in front you have less control over the pen. You may end up with an awkward handwriting, or a nasty lump where the pen is pressed down on your middle finger. As your thumb goes forward your first finger gets forced up at a sharp angle. This can be painful.



Forefinger in front.



Thumb and finger equal.



Thumb in front.