

3 Types Of Power Grip

Power grips involve the thumb, fingers and often palm of the hand. They are generally used for high force and low precision activities and tend to generate most of their force from the bulk of the hand instead of the individual digits. Children develop these grips during self-directed play and exploration.

Hook Grip



A hook grip is used for grasping small diameter objects. The 4 fingers hook around the object with all joints bent. The thumb may guide or stabilize the object.

Examples: carrying a bucket, pouring a pitcher of water, pulling a wagon.

Spherical Grip



A spherical grip is used for grasping roundish objects. Fingers and thumb are spread apart around the object. The palm is engaged with larger objects.

Examples: Holding a tennis ball, turning a doorknob, gripping an apple, opening a jar.

Cylindrical Grip



A cylindrical grip is used for firmly grasping objects. The thumb and fingers wrap around the object. With larger objects, the palm is also engaged.

Examples: Holding a bottle, pulling a rope, climbing a ladder, using a hammer.