

OT TIP OF THE WEEK



Hypermobility and Handwriting

Hypermobility means a person's joints move **beyond the typical range** because their connective tissues (like ligaments) are more stretchy than usual.

This extra flexibility can make joints **less stable**, meaning the muscles have to work harder. While writing, students may....

- Grip the pencil too tightly to feel in control
- Overuse small hand muscles
- Tire quickly due to poor joint stability

Reduce effort - Use thicker pens, a pen grip, smooth flowing pens, encourage a lighter grip

Improve positioning - feet on floor, knees, and elbows at 90 degrees, angle the paper
Write in **short bursts** with regular breaks to rest or shake hands

Warm up and **strengthen** the hands with putty or other exercises

Build **strength and stability** with **weight bearing** exercises and **fine motor** exercises