


OT PRE-REFERRAL FORM: INTERVENTION STRATEGIES



INEFFECTIVE PENCIL PRESSURE / MAKING LINES THAT ARE TOO LIGHT OR TOO DARK (K-1 or after age 6)

Poor pencil pressure will result in writing that is not legible because it is too light. Use of excessive pressure can result in fatigue, cramping, and/or poor endurance due to muscle strain from applying too much pressure. Underlying causes may include poor grasp, poor strength, poor ability to grade pressure (proprioception). Modifications, adaptations, and exercises most often successfully address this problem.

	Facilitated proper grasp (see section  page 5)
	Increased hand strength by: <input type="checkbox"/> writing in clay <input type="checkbox"/> using a hole punch <input type="checkbox"/> clothes pin games <input type="checkbox"/> playdough or clay activities <input type="checkbox"/> digging with a shovel in sand or dirt <input type="checkbox"/> pouring liquids <input type="checkbox"/> push ups before writing <input type="checkbox"/> tug-o-war <input type="checkbox"/> moving classroom furniture <input type="checkbox"/> hanging from a bar <input type="checkbox"/> bowling <input type="checkbox"/> climbing
	Increased awareness of pressure by giving more feedback using a variety of mediums and activities: Do warm-ups for writing such as: <input type="checkbox"/> rubbing hands together <input type="checkbox"/> clapping <input type="checkbox"/> stretching <input type="checkbox"/> shaking out hands <input type="checkbox"/> squeezing a stress ball or flour filled balloon <input type="checkbox"/> practice coloring with colored pencils/ crayons pressing lightly (using black to make gray, red to make pink, green to make light green) <input type="checkbox"/> using a vibrating pen for warm up writing activities (5-10 minutes) <input type="checkbox"/> tracing/drawing with your index finger in sand, clay, or on a carpet square <input type="checkbox"/> writing over sandpaper <input type="checkbox"/> writing in watercolor paint <input type="checkbox"/> writing on window screen material without going through <input type="checkbox"/> using a mechanical pencil without breaking the tip
Comments:	