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Evidence and Interventions for Children with Handwriting Deficits

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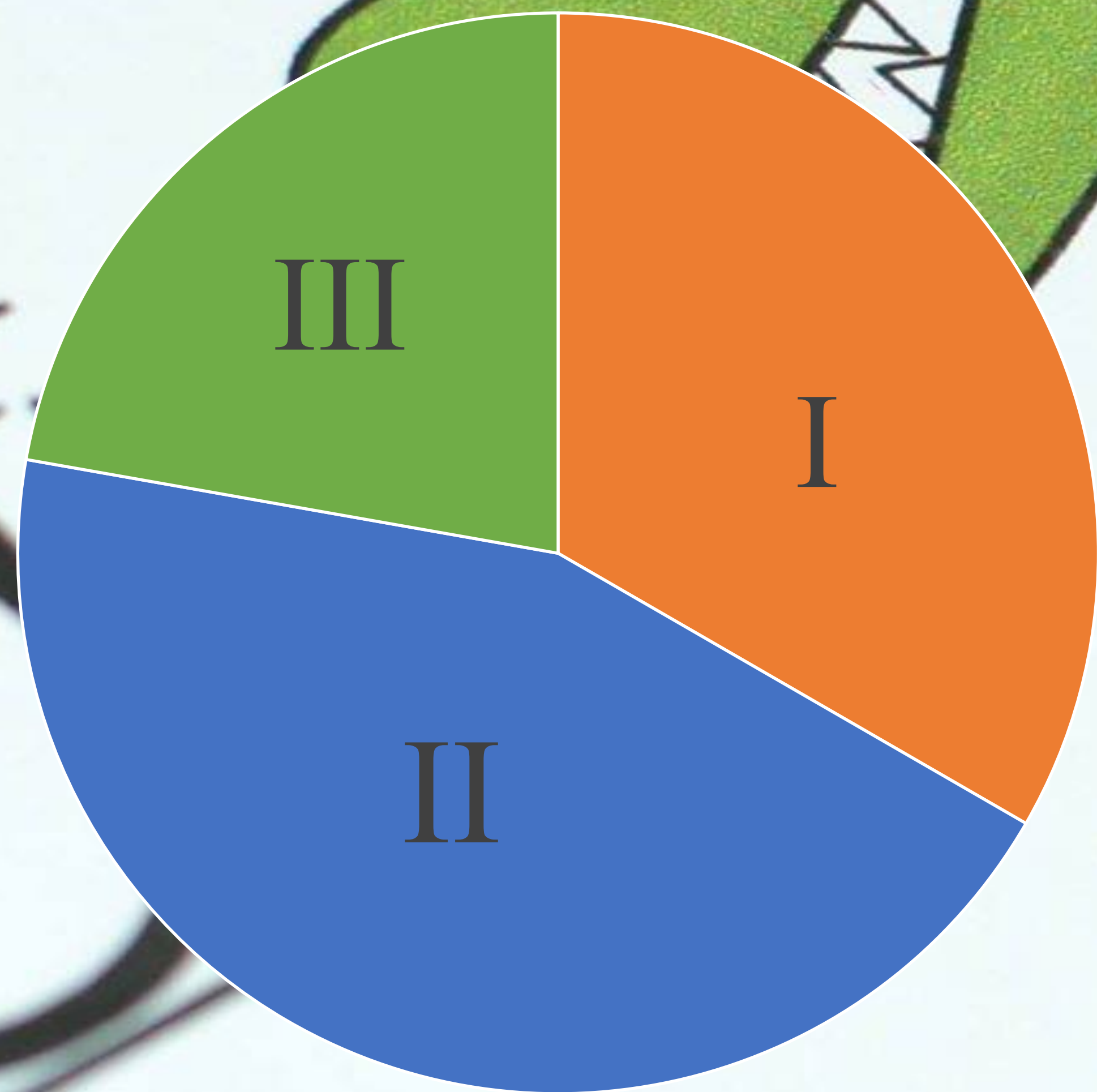
Evidence and Interventions for Children with Handwriting Deficits



Josephine Hatch MOTS, Mary Anderson OTD, OTR/L

What occupational therapy interventions can increase fine motor skills in children who experience handwriting deficits associated with but not limited to ADD/ADHD/attention deficits?

Levels of Evidence



Interventions

- Sensory –
 1. Short-term sensorimotor intervention.
 2. Sensorimotor intervention paired with handwriting practice.
- Motor –
 1. Practice.
 2. Handwriting Clubs.
 3. Interactive Metronome Training.
 4. Three-dimensional robotic-guided repetitive motion fine motor training.
- Cognitive –
 1. CO-OP intervention.
 2. Self-guided and task-oriented activities.

Recommendation

- Intensive handwriting practice with worksheets and homework.
- Handwriting clubs with social aspect and choice in writing topics.
- Intervention should occur more than twice a week for at least 20 sessions.

Clinical Bottom Line

- Further research on handwriting interventions for children with ADD, ADHD, or attention deficits.

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