

## Tool Description

A slanted board is very useful for easy movement of the wrist, hand and fingers. It is thus a good helper for a better writing position.

## What is the challenge the tool can solve?

A correct posture of the whole body is essential to overcome the difficulties of handwriting process, which mobilizes fine motor skills but also gross motricity necessary to have:

- concept of body scheme;
- perception of directionality and laterality;
- spatial and temporal orientation.

The difficulties of motor coordination of children with Dys often prevent them from having a good writing position.

## What are the benefits for Dys persons?

Regarding handwriting, it is considered that the hand has two sides. One is the "mobile" side, which includes the thumb, index and middle fingers. These fingers move when we write. The other side is the "stable" side, which includes the ring finger and the little finger. These two fingers are usually closed and it is on them that the hand rests on the surface.

A slanted board facilitates a correct position on both sides of the hand and facilitates the movement of the fingers.

Their use combined with the use of grips on the writing instrument (pencil or pen) strongly contributes to children improving their graph-motor skills.

## Example of use in daily life

The slanted board can be in any rigid material. In situations where it is difficult to transport, it can be replaced by a binder with fixed rings of at least 7 cm to provide a sufficient inclination. The use of a rubber band will prevent the sheets from slipping.

This video shows the use of the slanted board and explains the correct position for a good graph motor coordination:

[https://www.youtube.com/watch?v=FZ0v\\_gAzV2o](https://www.youtube.com/watch?v=FZ0v_gAzV2o)