

The Thumb Grasp and Pinch Assessment
T-GAP Score form
8 years – 18 years



T-GAP Activity	LEFT (Score 0-7)	RIGHT (Score 0-7)
Thread 5 plastic beads onto a zip tie (tip pinch) <i>Score how bead is held</i>		
Turn a key to open a padlock (lateral key pinch) <i>Score how key is held</i>		
Remove cap from a ballpoint pen (small grasp) <i>Score how pen is held</i>		
Make a telescope from a sheet of paper and place a rubber band around it (medium grasp) <i>Score how paper telescope is held</i>		
Remove cap from a peanut butter jar (large grasp) <i>Score how jar is held</i>		
Rotate a pencil 3 times in a handheld pencil sharpener (manipulation) <i>Score how pencil is held</i>		
Pull back foam pull on a slingshot (resistance) <i>Score how foam pull is held</i>		
Write name with a pencil (school) <i>Score how pencil is held</i>		
Tie shoelaces into a bow (ADL) <i>Score how laces are held</i>		

Grasp and Pinch Style Scoring

- 0 No Grasp, Passive Stabilization
- 1 Palmar Grasp, Finger Flexion; No Thumb Use
- 2 Ulnar Scissor Grasp; No Thumb Use
- 3 Radial Scissor Grasp; No thumb Use

- 4 Cylindrical Grasp; Thumb to Fingers
- 5 Lateral Key Pinch; Thumb to Index
- 6 Tip Pinch; Thumb to Finger Tip
- 7 Tripod Pinch; Thumb to Distal Index/Long

T-GAP Total Score

Left Hand _____/63
 Right Hand _____/63

Number of Grasp Styles: Points 1-7

Left Hand _____
 Right Hand _____

Thumb Usage: Points 4-7

Left Hand _____/9
 Right Hand _____/9