

Grips and accessories

3

GRIPS

A few commonly used grips are used throughout the text. For clarity they are shown here in more detail (see Fig. 3.1).

Points to note

- The grips should be firm and comfortable to the person and the helper(s).
- Decide on a grip before starting any transfer.
- The grips recommended are the most suitable for the techniques illustrated.

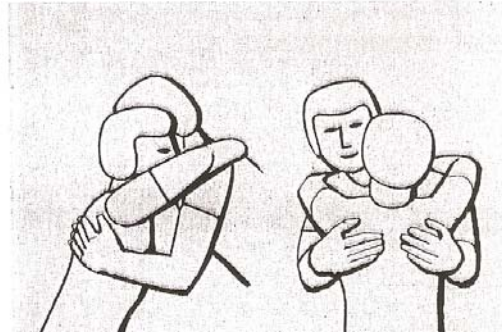


Fig. 3.1C Shoulder-blade grip

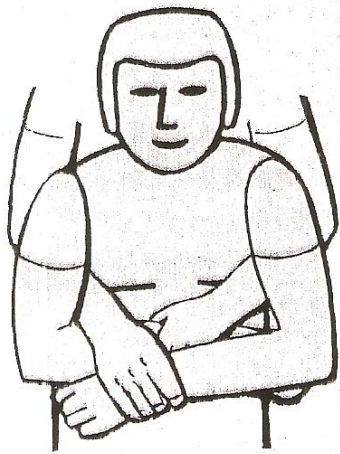


Fig. 3.1A Through-arm, wrist crossed-over grip

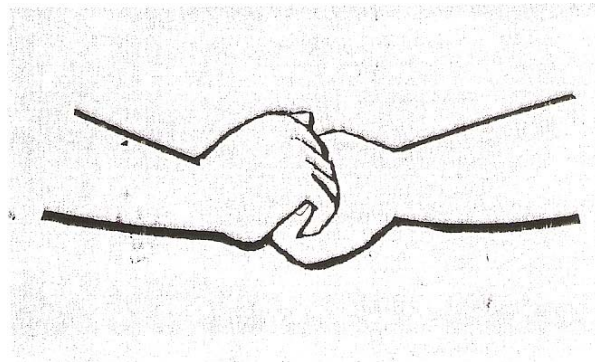


Fig. 3.1D Monkey grip

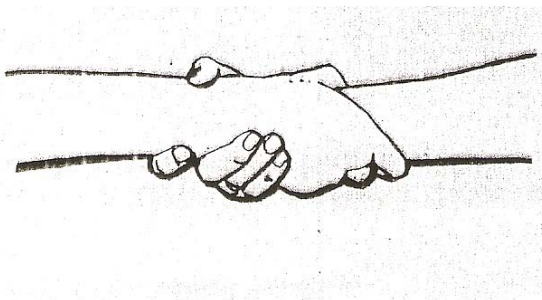


Fig. 3.1B Wrist grip

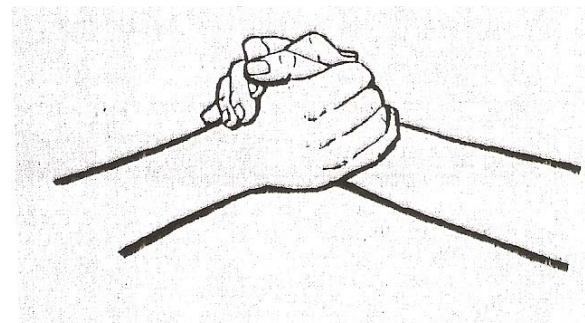


Fig. 3.1E Thumb-through grip