

Examples showing different grips and positions available in advanced hand-prostheses and in what simple tasks they may be used.

Grip/position		Task/objects
Power grip		Carry a glass, handle a pepper mill.
Tripod pinch		Pull up zippers, play cards.
Pinch grip precision		Fine manipulation of objects. Hold a needle.
Precision grip hand open		Fine manipulation of objects. Pick up coins from a purse.
Precision grip hand closed		Fine manipulation of objects. Pick up small objects from a desk or a counter, e.g. coin, paperclip.
Key pinch		Eat with spoon, carry paper, hold a credit card or a key.
Pointing indexfinger		Type on keyboard, press a button, e.g. credit card code.
Active index		Handle spray bottle, power tool or hair dryer.
Computer mouse grip		Use a computer mouse.
Column position		Dress the upper limb – pull into a sleeve. Push larger buttons, e.g. door openers.
Hook grip		Carry a bag or briefcase.
Adduction grip		Hold small objects, cards or cutlery.
Open palm position		Carry plates, cell phone or wallet. Stabilize e.g. bread loaf when cutting into slices.
Relaxed hand position		Walk in a natural and relaxed way.
Gestures		Express your feelings in different ways.

