

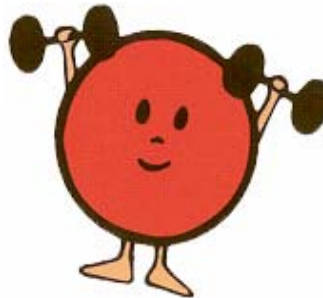
# PROPRIOCEPTIVE SYSTEM

THE RECEPTORS FOR THE PROPRIOCEPTIVE SYSTEM ARE LOCATED IN THE MUSCLES AND JOINTS. THIS SYSTEM TELLS US WHERE OUR BODY PARTS ARE AND WHAT THEY ARE DOING. INPUT FROM THE PROPRIOCEPTIVE SYSTEM HELPS US MOVE AND MANIPULATE OBJECTS WITHOUT HAVING TO LOOK AT EACH BODY PART WHILE IT MOVES.



## Using the Proprioceptive System to Change Arousal Levels

The proprioceptive sensory system is yet another important part of man's ability to move and do things independently. The information gained from this sensory system allows us to move freely and without great concern for where our body parts are in relation to objects in the environment. It



tells us how hard or soft we are manipulating objects. Imagine trying to drive if you had to constantly look at your foot to make sure it is pressing on the gas pedal. What if you couldn't judge how hard you were pressing the gas pedal. Difficulty accurately registering proprioceptive input can be seen in over and under reac-

tive responses. A hypersensitive person might appear to have weak strength, or not like to participate in heavy work tasks. A hypersensitive person may bump and crash into objects, or take risks with movements that allows for intense sensory input. An interesting fact about proprioception, is that

the sensory input gained from this system can be used to both alert and calm. Heavy work tasks and movement work to alert low arousal children and at the same time will calm a highly aroused child. Input through the proprioceptive system can have quick and long-acting results. Opportunities to gain propriocep-

## Hints for Proprioceptive Sensory Input

- ⚡ Proprioceptive input can be both CALMING and ALERTING
- ⚡ Heavy work sends sensory input to the muscles, tendons and joints
- ⚡ Proprioceptive input provides quick, long-lasting results
- ⚡ Bumping into things is a way to receive proprioceptive input

## Alerting Activities

- Jumping on a trampoline or doing jumping jacks
- Climbing on and hanging on the jungle gym
- Swing
- Sit on a therapy ball or cushion to do classwork
- Do "chair push-ups" or "wall push-ups"
- Allow the student to help by passing out papers, erasing the board, or deliver a message
- Exercise, dance, wiggle

## Calming Activities

- Pushing heavy furniture
- Pushing a heavy cart to deliver library books or retrieve lunch trays
- Carry boxes, laundry basket, or unload groceries
- Vacuum the floor
- Carry a weighted backpack or fanny pack
- Jumping into and being squished by a big pile of pillows
- "Wheelbarrow" walk on outstretched arms