

Therapy Connections



What is Heavy Work?

Heavy work is a type of proprioceptive input to the body that assists with calming, regulation, and attention. Proprioceptive input involves resistance to and/or against the muscles and joints of the body. Often, it involves pulling joints apart (ex: hanging, pulling/carrying heavy items, etc.) or compressing joints together (ex: pushing heavy items, deep pressure against the body, etc). Heavy work can be very beneficial for increased sensory processing and body awareness.

Keeps the Body 'Just Right'!

Therapy Connections will provide a wide range of therapeutic services using evidence based techniques, and an interdisciplinary approach, allowing children with disabilities to achieve their highest potential

Services are provided to children of all ages and various diagnoses that include Cerebral Palsy, Sensory Processing Disorder, Autism, Dyspraxia, Down syndrome and Language and Development Delays

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Implications

- ✚ Decreased attention to tasks and daily activities
- ✚ Difficulty with self-regulation and maintaining a "just right" level of participation in tasks
- ✚ Difficulty calming following "meltdowns"
- ✚ Difficulty calming following periods of increased hyperactivity or excitement
- ✚ Constantly "crashing" or seeking "rough play" throughout the day
- ✚ Poor body awareness or awareness of their body in space
- ✚ Exhibiting increased stress and anxiety
- ✚ Quickly transitioning between a variety of tasks – searching for more input or play options
- ✚ Difficulty following directions

How Therapy Connections Helps

- ✚ Use of evidenced-based techniques
- ✚ Provide education to parents and caregivers
- ✚ Development of personalized sensory diets
- ✚ Incorporating a variety of sensory activities into sessions and play
- ✚ Use of multiple swing system
- ✚ Using weighted vests and finding the "just right" challenge
- ✚ Utilizing bear hugs
- ✚ Utilizing body sox
- ✚ Demonstrating and incorporating yoga techniques
- ✚ Gross motor activities – rock wall climbing, scooter board & ramp, bungee activities
- ✚ Addressing body awareness