

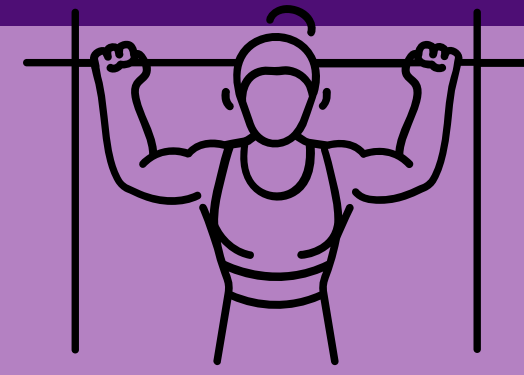
THE PROPRIOCEPTIVE SENSORY SYSTEM (MUSCLES AND JOINTS)

What is the Proprioceptive system?

- A sensory system which provides the brain with information about the body's position, movement and force of muscles and joints.
- The proprioceptors are located in our muscles, ligaments and joints and allow us to detect changes in stretch, tension and joint angles
- Proprioception enables you to know the position of your body in space without the use of vision
- Signals from the proprioceptors travel via our nerves to the spinal cord and then on to the brain
- The brain processes proprioceptive input to create body awareness
- Our Proprioceptive sensory systems plays a role in emotional regulation, calming and organising the nervous system

What to look out for

- Clumsy and uncoordinated movements
- Exerting increased or reduced force
- Tripping and bumping in to people / objects
- Chewing non food items
- Difficulty walking across uneven surfaces
- Difficulty riding a bike
- Seeks rough and tumble play
- Seeks deep pressure i.e. squeezing themselves between furniture
- Enjoys firm massages



What are the functions of this system?

- Body scheme
- Fine and gross motor skills
- Oral motor skills
- Regulating force
- Motor planning
- Emotional regulation

Activity suggestions to help

- Heavy muscle work
- Deep pressure massage
- Chewy / crunchy snacks
- Weighted / compression vests as guided by an OT
- Jumping games i.e. jump rope, hopscotch, jumping jacks
- Yoga
- Ball skills
- Obstacle courses
- Pulling / pushing activities
- Heavy muscle work activities i.e. raking, sweeping, cleaning windows, carrying heavier items
- Scooter board activities seated or on your tummy
- Animal walks
- Push ups / sit ups / tug of war
- Climbing / hanging / jumping and landing activities
- Vibration
- Commando crawling / crawling through tunnels
- Twister
- Mirroring games