

General Heavy work / proprioceptive strategies to try  
during social distancing



**Surrey and Borders  
Partnership**

NHS Foundation Trust

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**General Heavy work / proprioceptive strategies to try during social distancing**

Undertaking proprioceptive / heavy work activities can be helpful to feel more regulated and me in a calm/alert state. These are general strategies – there would need to be consideration base on individual need, preference and risk assessment

**Oral motor - follow SLT guidelines if there are any dysphagia concerns**

- blowing bubbles
- sucking thick liquids milkshake / smoothie through a straw
- chewing - gum, bagels. dried fruit
- eating crunchy food / ice
- sucking sweets
- using curly straw
- drinking from sports bottle

**Proprioception**

- Wall push ups
- Chair or desk push ups
- Stretchy bands on chair for feet
- Body sock
- Increase movement by running errands
- Wiping counters/ tables / windows
- Squeeze toy / fiddle
- Have crunchy or chewy food at breakfast and throughout day
- Use drinks bottle with valve
- Moving furniture
- Going up and down stairs

**Productive tasks at home**

- loading / unloading washing machine
- wiping counters
- carrying shopping
- carrying boxes / items
- washing windows
- vacuuming
- mopping
- sweeping
- taking out rubbish / recycling
- digging
- weeding
- watering plants using watering can
- going up and down stairs to fetch items
- mixing cake with spoon
- kneading, and rolling dough

**Activities:- interests sensory needs and challenges need to be considered**

- Running
- Jumping
- Trampolining
- Cycling
- Scootering / skateboarding
- Yoga

This is a helpful website on sports and sensory challenges , (NB it has an American focus) <http://asensorylife.com/sensory-benefits-of-sports.html>

*Information adapted from Roley, RC, Smith Roley. S. (2006) Sensory Integration: Applying Clinical Reasoning to Practice with Diverse Populations. 1st ed. United States of America: Therapy skill builders and Williams, M.S. and Shellenberger, S. (2012) How does your engine run? A leaders guide to the alert program for self regulation. 16th ed. Albuquerque, NM: Therapy Works inc.*

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