

# Proprioception



## *What is Proprioception?*

- Proprioception is our body's perception of where we are in space
- Our body receives proprioceptive input from our muscle fibers pulling on each other as we move
- Proprioceptive-based activities include movements with hard impact, compression, pushing, pulling, dragging, resistance. We call this "heavy work"

## *Signs your child might have difficulty with proprioception:*

- Clumsy or running into objects or people
- Toe Walking
- Poor coordination
- Crashes with hard impact onto floor or their body parts
- Uses too much or too little force with their hands
- Drops or spills things frequently

## *Activities to try at home:*

- wearing a heavy backpack
- rolling up into a blanket burrito
- chewing very resistive snacks like jerkey, or crunchy like carrots
- blowing bubbles
- jumping onto a crash pad/pile of pillows
- squeezing a stress ball or play doh
- rolling large ball on top of their body
- Pushing or pulling a wagon of heavy items

*For more information and guidance, consult your child's occupational therapist or schedule an evaluation with us*