

## The Proprioceptive Sense

The proprioceptive system is one of the internal senses of the body that comes from the joints, ligaments, muscles and other connective tissue.

The receptors perceive contraction, stretching and compression.

When it isn't working typically, people with autism can be seriously affected. It can impede their understanding of where their body or body parts are in space.

### Proprioceptive seeking behaviour

A child may underreact to sensory input and may seek more input or need more of it to function. They may appear clumsy and be a little too loud.

They might give people tight hugs or crash into things to feel the physical contact and pressure. Prefers to wear tight clothes.

Sensory seekers might rock back and forth, spin or swing, hang upside down or jump from heights. Will enjoy sitting with their knees tucked under themselves.

### Proprioceptive avoiding behaviour

An overreaction to sensory input and becomes overwhelmed and hyperactive, therefore, may be reluctant to engage in physical activities and may appear lazy or lethargic.

May be particular about clothing and be extremely sensitive to the feel of certain clothing e.g. labels, 'itchy' material.

Sensory avoiders may be extremely sensitive to touch and may respond by withdrawing. They may worry about being bumped in line or touched by other kids while playing.