

## Proprioceptive Sense

The proprioceptive system or proprioception is one of the internal senses of the body that comes from the joints, muscles, ligaments and other connective tissue. The proprioception system allows you to know where your body parts are and what they are doing without necessarily looking at them. The receptors are in the joints, muscles and tendons, and perceive contraction, stretching and compression.

### Sensitivity Symptoms

- Poor body awareness – knowing where their body or body parts are in space
- Poor co-ordination – they move awkwardly or stiffly
- Difficulty grading amount of pressure – using excessive force on an object (such as breaking a pencil when writing or not applying enough pressure)
- May hit, push, bite or bang into other children
- Avoid or crave jumping, crashing, pushing, pulling, bouncing or hanging
- Chew on clothing or objects more than other children
- Have to look at what they are doing (staring at their feet whilst walking)

### Suggested activities

- Weightbearing activities – crawling, push-ups, climbing, animal walks
- Resistance activities – pushing/pulling, wall push-ups
- Heavy lifting – carrying books, wearing a back-pack
- Cardiovascular activities – running, trampolining, fitball
- Oral exercises – chewing gum/chewits, chewelry, blowing bubbles,
- Deep pressure – massage, tight hugs, weighted blanket/vest/lap belt, wearing a backpack, joint compressions, log rolls, yoga stretching, squeezing play dough or theraputty