

JOINT COMPRESSION AND DEEP PRESSURE TECHNIQUE

1. **Joint Compressions:** Start on one side at the wrist and work up to the shoulder. Then repeat on the other side of the body. Ensure your movements are slow and ensure the palm of your hand rather than fingertips applies the pressure.

Wrist compression: With wrist and arm aligned, place one hand in the child's open hand and the other one just above his wrist. Push your two hands together to create pressure through the wrist joint. Hold for ten seconds and repeat once.



Elbow compression: With the arm straight, place one hand on the muscle area below the elbow and the other one above. Hold for ten seconds and repeat once.



Shoulder compression: With the elbow bent, place one hand underneath the elbow and the other over the shoulder. Push together to compress shoulder. Hold for ten seconds and repeat once.

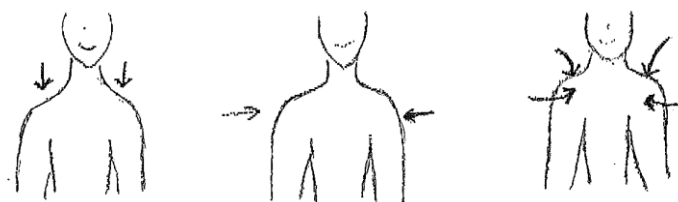


2. **Deep Pressure:** Ensure your palms rather than fingertips apply the pressure. Move slowly and calmly.

Place your hands on either side of the child's open, flat hand. Press your hands together for a count of 10seconds. Release and move gradually up the arm applying the pressure at the points indicated.





At the shoulder, place your flat hand on each shoulder and press down for 10secs. Release and repeat twice. Then place your hands on the side of the shoulder for a count of 10secs. Release and repeat twice. Then place one hand in front of the shoulder and the other behind for 10secs. Release and repeat twice.



3. Oral Motor Activities: Providing your child with frequent access to appropriate items to chew or mouth as part of his/her daily routine can prevent your child from mouthing other items inappropriately. Choose from the activities below.

- **Vibration** – e.g. electric toothbrush. Encourage your child to place this on his/her lips and cheeks and if possible inside the mouth. Allow your child to direct where or if he/she wants this sensation. It may be helpful to first introduce the electric toothbrush by allowing him/her to explore or play with it on different body parts.
- **Oral-facial massage**

Using your index finger and thumb gently but firmly stroke downwards starting from the nose bridge to the upper lip. Do this 3 times.	
Next, repeat the same stroke downwards starting from the nose bridge to the lower lip. Do this 3 times.	
Using your index finger push gently around the top and bottom lips as shown.	
Using your thumb on the outside, apply gentle compressions.	
Using your index finger apply gentle compressions in the directions shown.	

- **Chewy foods** – e.g. raw vegetables & fruits: carrot sticks, celery, cucumber, apple bread sticks or pretzels
dried fruit: mangoes, apricots, prunes
popcorn or apple crisps
sugar free chewing gum (if appropriate)
ice cubes/iced lollies
dry toast or bagel or oatcakes
- **Sucking thick liquids** – e.g. smoothies/yogurt through a straw
drinks through a sports bottle
- **Games/toys** – e.g. blowing bubbles/balloons
Whistles & party blow toys
mouth organs & musical instruments