

Touching and perceiving Proprioception



Activity: Lying in a hammock

A client can feel the outlines of his body in a hammock. The shape of the hammock draws the hands closer together so you can hold something.

Set-up of the activity

0-2

- Verify how long the client can and is allowed to lie in a hammock.
- Ask what is the best way to position the client in the hammock. Use pillows, if necessary.
- Combine lying relaxed in the hammock with moving.
- Offer the client materials to occupy himself in the hammock. The shape of the hammock and the half-sitting posture naturally draw the hands closer together.
- Place a large ball or roll under the hammock so that the hammock bumps against it or sways over it when swinging.
- Offer the client material that can be hung right above the hammock and which he can grab.
- Stimulate the client to reach for the material, for example by using material that makes a sound or is colourful and shiny, if the client can perceive this.
- If necessary, use a hoister to lift clients from their wheelchair to the hammock or use the sling as a hammock.

2-4

- Work from a lying position to a sitting position, with the legs on each side of the fabric.
- Play "toss the ball" with a blanket. Let the client choose whether he wants to sit or lie down.

- Hang the hammock low above a mat and teach the client to roll out of it.

4-6

- See age category 2-4.

Points for observation and focus

- Notice that clients often become more relaxed after lying in a hammock, especially when it slowly swings back and forth.
- Check whether the client can swing and do something with his hands simultaneously.
- Stimulate two-handedness. This is a good starting posture for this because the hands are naturally drawn closer to each other. You can also use heavier or vibrating material.
- Ensure extra safety by placing a thick mattress under the hammock.

Alternative materials

- Use a baby sling or baby carrier for very young clients.
- Use a sitting hammock.
- Use a netted hammock so the client can stick his hands through the openings.
- Place other fabric, such as sheepskin, on the hammock.
- Use a beanbag; this engulfs and supports the body well.
- Use a hydro lifting chair or a waterbed.

Can also be used in the categories

- Noticing (NT)
- Body awareness (BA)