

## Touching and perceiving Body awareness



### Activity: Experiencing vibrating and massage devices

#### Set-up of the activity

0-2

- First let the client explore the device when it is turned off.
- Then let the client hear the sound.
- First let the client carefully experience what the device feels like when it is turned on.
- Build up the activity and only then massage firmly. Begin with the legs.
- Expand the massage to the shoulders and possibly the hands.
- Name the body parts.

2-4

- You can carry out the actions in a fixed order; that way the client will know which body part is next and can prepare himself.
- Let the client explore the device and play with it if he wants.
- Ask the client to stick out his arm/hand or leg/foot to it in order to be massaged.
- Let the client massage body parts himself with the device.
- Place a towel on the tray of the wheelchair and place the device on top of it. This will cause the entire tray to vibrate.
- For clients who lie in bed a lot, place the vibrating device on the pillow or on the mattress. The vibration will be felt through the mattress.

4-6

- Let the client indicate where he wants to be massaged. He can name or stick out the relevant body part.
- Let the client massage body parts himself with the device.

#### Points for observation and focus

- Notice the strength of the vibration and the sound. These can cause the following reactions: increased tension of the muscles, a tense grimace, pulling back of the body part or not moving.
- Observe whether the client prefers certain body parts to be massaged.
- Observe whether the massage relaxes the client or makes him very active.
- Take into account that some clients prefer to place the vibrating device on the bones, because that way they feel the vibration even stronger.

#### Alternative materials

- You can also use a resonance plate in a "Little room". Read more about this and see also the Active Learning method on [pathstoliteracy.org/blog/remembering-lilli-nielsen-and-her-legacy-active-learning](http://pathstoliteracy.org/blog/remembering-lilli-nielsen-and-her-legacy-active-learning).

#### Can also be used in the categories

- Noticing (NT)
- Proprioception (PC)