

Touching and perceiving Proprioception



Activity: Wobbling and balancing material

Set-up of the activity

Exercises with, for example, a big ball, a roll or a wobble cushion stimulate balance and posture adjustment. The client can sit or lie down on the materials in various positions. Even sitting on a backless stool stimulates posture adjustment. Movements can be made in various directions.

0-2

- First start with a position in which the client can feel the floor under his feet; that way he experiences more control, which is less frightening. Begin with a lot of support and gradually decrease the support.
- First let the client experience for himself which movements he can make on the materials.

2-4

- Let the client sit on a roll with his legs on both sides or lie on his stomach on the ball. Movements can be made in various directions.
- Let the client move on the materials without touching the floor with his feet. That way the client adjusts his posture to the movements.
- Let the client sit on a wobble cushion, a regular chair or a backless stool. This stimulates posture adjustment.
- You can also mention the movements that you are making and the directions in which you are moving.

4-6

- Let the client sit on a wobble cushion, a regular chair or a backless stool. This stimulates posture adjustment.

- You can also mention the movements that you are making and the directions in which you are moving.
- Check whether the client can make a certain movement on the material on command, such as turn a complete circle while sitting on a stool.

Points for observation and focus

- Observe whether the client finds the activity too anxious or scary.
- Check which movements the client dares to make on his own. What is the effect on the muscle tension?
- Check whether the balance and anticipatory reactions are sufficient.

Alternative materials

- Use for example a platform swing, a balance board, a wheelchair swing, a wheelchair roundabout or a nest swing.
- For clients in a wheelchair, make extra movements with the wheelchair, such as tilting the wheelchair and moving in circles.
- Let clients who lie in bed a lot and use a hoist for transfers, sit in the sling on a ball and let them bounce on it. Make sure the client cannot fall out of the sling.
- If possible, use a waterbed and let the client maintain his balance in a lying down or sitting position.
- Let the client make various movements while seated in the sling of the hoist.
- Use equipment at the playground, such as a swing, a seesaw or slide.

Can also be used in the categories

- Body awareness (BA)