

B14 - Occupational therapy equipment

To promote core trunk upright sitting and upper limb development when posture is compromised



The **Posture Pack** can make a dramatic difference to posture, which in turn can assist with improved handwriting, study, attention span and comfort.

www.backinaction.co.uk/posturepack





Move 'n Sit Cushion Child/junior size 260x260mm

Helps growing children to develop correct posture. Ideal for kids who tend to slump in their chairs due to poor awareness or low muscle tone in their trunks. Easily inflated by mouth or pump.

The wedge shape cushion with a pimpled surface encourages good posture with a forward pelvic position. Can increase levels of concentration for those who struggle to sit still

www.nrs-uk.co.uk www.fledglings.org.uk or www.specialdirect.com



Weighted lap pads apply calming deep pressure to the lap and upper legs whilst the user is sitting down making them ideal for use in the classroom, at reading time or at the table. The weight has a calming effect helping attention span and reducing excessive fidgeting. Always use under adult supervision. www.sensorydirect.com

Dycem non-slip coloured reels.

Try using on a seat base to reduce slumped positioning (helps keep your bottom back in the chair seat).

Try using under items on the table top to increase independence at mealtimes (stops the plate or beaker from shifting) www.homecraft-rolyan.com or www.nrs-uk.co.uk



Posturite writing angle

Clear acrylic, portable fixed height writing slope www.posturite.co.uk or a variety of lever arch or portable writing slopes from www.specialdirect.com

Therapy ball or roll

Various sizes available from approx. guidelines are the length of the arm measure from shoulder to finger tip.

30cm diameter (approx, toddler to 4 years)

40cm (3 years to 7 years)

<u>www.specialneedstoys.com</u> <u>www.homecraft-</u>rolyan.comwww.therap-ease.co.uk