



## Rolling pin

- Proprioception - input to muscles and joints that tell us where the limbs are in relation to the body. Deep touch pressure - response is impacted by what our senses pick up. Deep pressure is the most calming and can have a lasting effect with internal organization up to 2 hours.
- Product
  - DIY: thick pool noodle and dowel rod that fits snugly in hole of pool noodle
- Purpose:
  - To calm and increase functional attention to task
  - Increases stability, grounding and centering
  - Reduce self-stimulatory behavior
  - Increase positive behavior (time on task)
  - Provide deep pressure
  - Increase awareness to body (right/left, front/back, up/down)
- Process
  - Student lies on padded surface
  - Adult takes rolling pin and rolls over child slowly applying pressure (about 5% of child's body weight) while slowly rolling the back and forth from head to feet
- Variation
  - Student lies on vibrating mat while being rolled
  - Roll over front and back of the body
  - Roll over right and left sides of the body while student lies on his/her side
  - Roll on each arm/ leg
  - Use a different "rolling pin" - large therapy ball, therapy ball filled with water, yoga roll



### Evidence Based Research:

Cincinnati Children's Hospital Medical Center. Best evidence statement (BEST). Deep-pressure proprioceptive protocols to improve sensory processing skills in children. Cincinnati (OH): Cincinnati Children's Hospital Medical Center; 2009 Aug 24.

Grandin T (1992). Calming effects of deep pressure in patients with autistic disorder, college students and animals. *Journal of child and adolescent pharmacology*. 2 p 63 – 72.

Zisserman L, (1992). Case report- The effects of deep pressure on self-stimulating behaviors in a child with autism and other disabilities. *American Occupational Therapy Journal*, 46 p 621 – 628

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