



General information sheet on what proprioception is

Proprioception can be described as your 'position sense'. Proprioceptive information is the data that is fed back to the brain via the muscles and joints so that your body knows what position it is in. Proprioception contributes heavily to our ability to make sense of our actions within our environment so helps us with our coordination without having to use visual to monitor our movements. It tells us the rate and timing of our movements and where our body parts are in relation to each other. Force regulation is the other area of proprioception (knowing how much force to use when stroking a dog, picking up a cup for example). Proprioception is very important for our body awareness and motor planning.

Proprioception input is very organising. This input rarely overloads our nervous system thus providing a modulating effect to become in a 'just right' state of regulation. The outcome of this is that it helps with focus and attention.

Proprioceptive input (sensations from joints, muscles and connective tissues that lead to body awareness) can be obtained by lifting, pushing, and pulling heavy objects, including one's own weight. This input sends information to the brain which then sends back information to the muscles and joints to modify the movement and force as needed. Thus, this kind of input is very calming and organising – especially for children who have challenges with sensory modulation.

For more information on what proprioceptive seeking may look like, please watch this video:

<https://www.youtube.com/watch?v=b2iOliN3fAE>

More information can be gained from the below website:

<http://www.sensory-processing-disorder.com/proprioceptive-dysfunction.html>

Please contact me if you have any questions regarding this.

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