

Shoulder Snake™ Product Guide

Written by Jennifer Lawson, MS, OTR/L

Introduction

Proprioceptive input (input to the muscles and joints) through the use of “heavy work” activities and weighted therapeutic products has been shown to facilitate organization of the nervous system. The Shoulder Snake provides proprioceptive input for children during various activities to enhance attention and organization and to support an appropriate level of arousal/alertness for the activity at hand. The Shoulder Snake can be used in a variety of ways by children of various ages, and is best used under the guidance of an occupational therapist. We recommend that the Shoulder Snake be worn for periods no longer than 20 minutes at a time, as the nervous system adapts to the input after this time. After a short break, the Shoulder Snake can be utilized again.



Product Use



The Shoulder Snake can be used in a variety of ways to provide proprioceptive input to a child's nervous system.

Wear Around Shoulders: drape the Shoulder Snake around the shoulders to provide proprioceptive input down through the child's trunk, especially during seated activities such as circle time, seatwork or table-top activities.

Wear Around Hips/Pelvis Or On Legs: wear the Shoulder Snake on the lap or legs or around the pelvis, especially during seated activities such as circle time, seatwork or table-top activities.

Slippery Snake Game: the Shoulder Snake may be passed around by a group of children as a “heavy work” activity to provide proprioceptive input through the children's arms and shoulders. For example this can be done while sitting or standing, with music.

Nap Time Buddy: For children who have difficulty “winding down” and calming their bodies for nap/rest time at school or home, place the Shoulder Snake on the child's back, legs, chest, etc. to provide calming input.

Transition Buddy: For children who have difficulty standing and waiting in line, walking through the halls or transitioning between activities within the classroom, the child holds/carries the Shoulder Snake when moving from place to place. The Shoulder Snake occupies the child's hands while providing “heavy work” input.

Care & Safety

The Shoulder Snake can be machine washed and machine dried. The small pieces used for the eyes and tongue of the Shoulder Snake may be a choking hazard.

Recommended Products

Recommended Products:

- **OctoCap:** Item #1354435
- **WeighCool Bracelet:** Item #1429490
- **Larry Lizard:** Item #031045
- **Tote Around Turtle and Hound:** Item # 006083 and 006082



©2013 School Specialty • PO Box 1579, Appleton, WI 54912-1579 • USA • All rights reserved.

Customer Service 1-888-388-3224 • www.schoolspecialty.com

Or reach us via e-mail at: orders@schoolspecialty.com

1-YEAR GUARANTEE OF SATISFACTION

See more fun activity guides for other great  products at www.abilitations.com.