

WhisperGLIDE[®] Swing Therapeutic Components & Benefits*

Benefit Components and Possible Outcomes

A. Sensorimotor Components

1. **Sensory Awareness:** Opportunity to receive and incorporate sensory stimulation reception and differentiation of sensory stimuli.
2. **Sensory Processing**
 - a. **Tactile:** Interpretation of touch received through feet, long leg muscles, back, hands, as the swing moves.
 - b. **Proprioception:** Reception and interpretation of stimuli responding to muscles, joints and other internal tissues as the body weight is shifted in a forward and back motion, giving information about the position of the body in relation to its parts and overall self awareness of one's body in space.
 - c. **Vestibular:** Movement of the head receiving input from the inner ear receptors regarding appropriate head positioning and movement.
 - d. **Visual:** Increased awareness from objects, persons and the overall environment due to increased stimulation as the swing moves.
 - e. **Auditory:** Increased awareness of changing source of sounds as the swing moves.

B. Neuromuscular Motor Components

1. **Range of Motion:** Body movement, especially if active movement is involved including moving onto or off the swing plus the action of swinging.
2. **Muscle Tone:** All body muscle movement adds tone depending on the degree of tension or resistance experienced in a muscle or muscle group.
3. **Strength:** Dependent on amount of actual involvement in the propelling of the swing.
4. **Endurance:** Dependent on the time factor of swing use.
5. **Postural Control:** Response to positioning of the body on the swing seat, the body's center of gravity placement, appropriate weight shifting.
6. **Gross Motor Coordination:** Exhibited when moving into, out of the swing and also if involved in the swing's overall movement.

C. Cognitive Components

1. **Level of Arousal:** Increases overall stimulation resulting in possible increased alertness.
2. **Orientation / Recognition:** May provide an increase in overall orientation and awareness, promoted by an integration from the swing's sensory stimulation.
3. **Attention Span:** Continued focus on the activity of swinging, the persons present and the environment may be increased because of the pleasantness and sensory stimulation of the movement.
4. **Memory / Reminiscing:** Excellent source for reminiscing of past enjoyment of swings. their location, persons involved, time of year, etc.

D. Socialization Components

1. Provides activity to interact with others, increasing possible awareness resulting in activating interpersonal skills.
2. Stimulus for promoting conversation and increased socialization because all persons gliding are seated at eye level.
3. **Shared Meaningful Activity:** A possibly successful opportunity that requires only "being there".
4. **Appropriate Non-Verbal Activity**
5. **Anxiety Reduction:** Swinging usually provides a calming motion.
6. **Apathy Refocusing:** Compels the initiation of movement.

*Adapted from: Alzheimer's Disease: Activity Focused Care
By Carly R. Heller, OTR/L