



InYard Therapy Swing

# The Poses Book

- Leah Peeler -

Leah Peeler, mother of two boys with special needs  
and a certified occupational therapist assistant



A therapy swing is a perfect tool for children with special needs because it is multi-faceted. It helps with calming/regulating behavior, balance, spatial awareness, proper postural control, reducing anxiety, giving appropriate amount of pressure, providing vestibular and proprioceptive input, and increasing attention to task.

For those with sensory processing difficulties, it is important to give the appropriate input the body is seeking in order for your sensory system to feel balanced and organized. There are a variety of poses that you can use to achieve different therapeutic benefits.

Children love the cuddle swing while parents and therapists are excited about the results. It is a great tool for many disabilities such as Autism, SPD, ADD/ADHD, Downs Syndrome, Cerebral Palsy, anxiety, and so much more.

♥ Leah Peeler, COTA/L



# #1 The Teddy Bear Pose

For this pose you will start with having your bottom in the middle of the swing and then bring the fabric up to your shoulders and down to your knees.

## Therapeutic Benefits

This pose helps with providing vestibular and proprioceptive input, head and neck control, sensory regulation, calming, gives appropriate amount of pressure, increase social interaction with person helping swing, and eye contact if swinging at eye level.

## This may help with:

SPD, autism, ADHD, cerebral palsy, anxiety, and conduct disorders.





## #2 The Turtle Pose

For this pose you sit near the middle of the swing and bring your knees into your chest and cover the lower half of your body with the fabric. Finally, you bring the top part of the fabric up to the base of your neck.

### Therapeutic Benefits

This pose helps with providing vestibular and proprioceptive input, head and neck control, sensory regulation, calming, flexibility, increase attention to task and concentration, give appropriate pressure, increase social interaction with person helping swing, and eye contact if swinging at eye level.

### This may help with:

SPD, autism, ADHD, and cerebral palsy.

## #3 The Lights Out Pose

For this pose sit in the middle of the swing and bring your knees to your chest. Next, pull the fabric over your knees and head with your head upright so that you don't see any light.

### Therapeutic Benefits

This pose helps with providing vestibular and proprioceptive input, sensory regulation, calming, gives appropriate amount of pressure, emotional regulation, spatial relations, increase activity tolerance, increase concentration, and reducing anxiety.

### This may help with:

SPD, autism, ADHD, cerebral palsy, anxiety, ODD, Downs Syndrome, and conduct disorders.



## #4 The Back Free Fly Pose

For this pose gather the fabric together and sit down in the center. Lastly, grab the fabric on both sides.

### Therapeutic Benefits

This pose helps with providing vestibular and proprioceptive input, postural control, sensory regulation, calming, increase attention to task and concentration, increase sitting balance, increase social interaction with person helping swing, and eye contact if swinging at eye level.

### This may help with:

SPD, autism, and ADHD.





## #5 The Superman Pose

For this pose gather the fabric together and then bring it to the middle of your stomach. Next, bring the fabric up to just below the arm pits and down to right above the knees. Then bring your arms straight out to the side and keep your legs straight and up in the air.

### Therapeutic Benefits

This pose helps with providing vestibular and proprioceptive input, head and neck control, sensory regulation, calming, gives appropriate amount of pressure, increase social interaction with person helping swing, increases core and upper body strength, attention to task, and eye contact if swinging at eye level.

### This may help with SPD:

autism, ADHD, and cerebral palsy.

## #6 The Driver Pose

For this pose sit sideways in the fabric and stretch your legs straight. Next gather fabric in front of you and put your hands around and grab it and then lean your back against the swing, supporting your head and torso.

### Therapeutic Benefits

This pose helps with providing vestibular and proprioceptive input, head and neck control, sensory regulation, calming, gives appropriate amount of pressure, increase social interaction with person helping swing, attention to task and eye contact if swinging at eye level.

This may help with: SPD and autism.





## #7 The Praying Pose

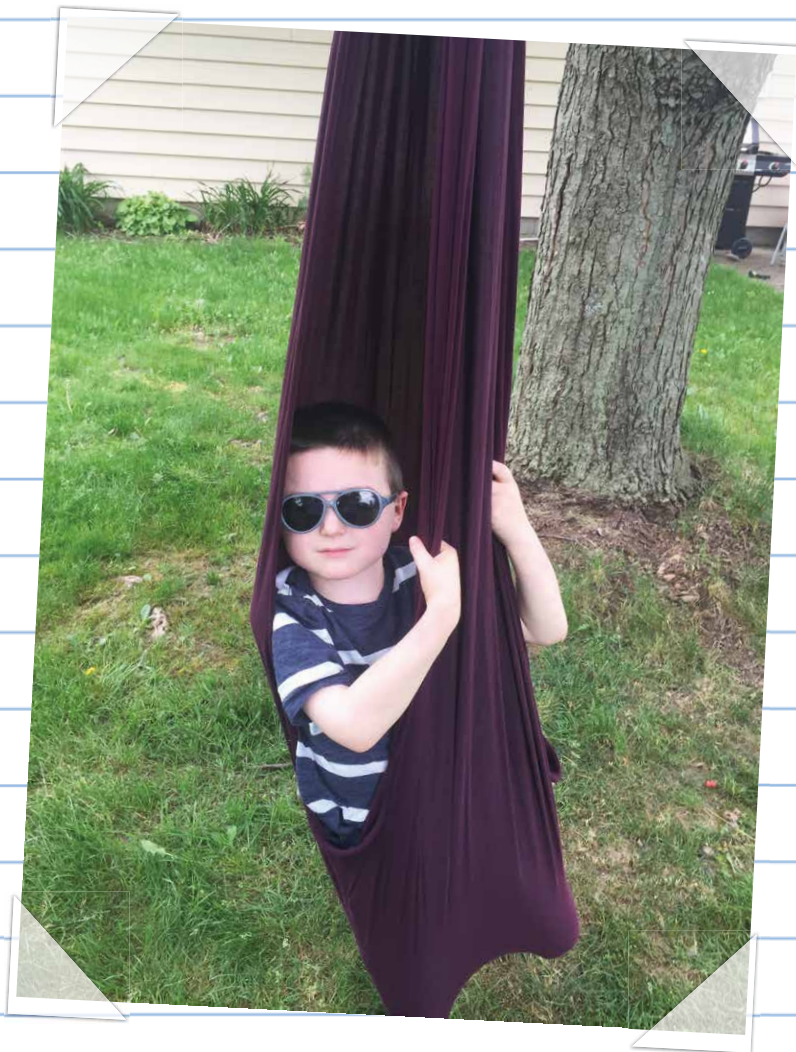
For this pose go into a kneeling position while your head and torso are upright and touching the back of the swing and then grab the fabric in front with both hands.

### Therapeutic Benefits

This pose helps with providing vestibular and proprioceptive input, helps with core strength and balance, sensory regulation, calming, increase focus and concentration, gives appropriate amount of pressure, increase social interaction with person helping swing, and eye contact if swinging at eye level.

### This may help with:

SPD, autism, ADHD, and cerebral palsy.



## #8 The Lion Pose

For this pose lay sideways on the swing. Next get onto your knees and push up on your arms with the elbows extended, like a crawling position.

### Therapeutic Benefits

This pose helps with providing vestibular and proprioceptive input, head and neck control, spatial relations, increase focus and attention to task, sensory regulation, calming, gives appropriate amount of pressure, and provides weight bearing through upper and lower extremities.

### This may help with:

SPD, autism, ADHD, cerebral palsy, anxiety, and CVA (stroke).





## #9 The Relaxed Reader Pose

For this pose lay on your back sideways on the swing with the legs fully extended and your head supported in the back by the swing and then you can relax and read a book.

### Therapeutic Benefits

This pose helps with providing vestibular and proprioceptive input, sensory regulation, calming, providing the appropriate pressure, emotional regulation, attention to task, concentration/focus, reduce anxiety, extensor muscles, and spatial relations.

### This may help with:

SPD, autism, ADHD, cerebral palsy, anxiety, ODD, and conduct disorders.

## #10 The Soldier Pose

For this pose gather the fabric together and step into the center. Next fully extend both legs and hold onto the sides with your hands.

### Therapeutic Benefits

This pose helps with providing vestibular and proprioceptive input, postural control, balance, emotional regulation, concentration, focus, attention to task, spatial relations, sensory regulation, calming, reduces anxiety, increase social interaction with person helping swing, and eye contact if swinging at eye level.

### This may help with:

SPD, autism, ADHD, cerebral palsy, anxiety, ODD and conduct disorders.



## # 11 The Scissors Pose

For this pose get into the soldier position and then place your legs apart with your knees extended.

### Therapeutic Benefits

This pose helps with providing vestibular and proprioceptive input, postural control, balance, emotional regulation, concentration, focus, attention to task, spatial relations, sensory regulation, calming, reduces anxiety, increase social interaction with person helping swing, and eye contact if swinging at eye level.

### This may help with:

SPD, autism, ADHD, cerebral palsy, anxiety, and conduct disorders.



## #12 The Tarzan Pose

For this pose step into the swing with one leg and extended with the other leg out and bent. Next hold onto the swing at the top on both hands and then you can alternate between flexing your elbows and keeping them extended.

### Therapeutic Benefits

This pose helps with providing vestibular and proprioceptive input, postural control, balance, emotional regulation, concentration, focus, attention to task, spatial relations, sensory regulation, calming, reduces anxiety, increase social interaction with person helping swing, and eye contact if swinging at eye level.

**This may help with:** SPD, autism, and ADHD.



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