

OCCUPATIONAL THERAPY TREATMENT PROGRAMME

Pressure

Children may need to learn how to monitor the pressure they apply to their pencil or their page. Poor proprioception can lead to heavy pressure, and slow writing output.

- **Different Textures of Paper** (to encourage pressure awareness)
- **Mouse Mats** (placed underneath paper – excessive pressure will puncture the paper)
- **Refillable Pencils** (the lead will break if the pressure is excessive)
- **Breaks** (short breaks will help to relieve the tension in hand muscles)
- **Hand Massage** (to relax the hand)
- **Upper Limb Exercises** (crawling, wheelbarrows, elephant walks)
- **Carbon Paper** (placed underneath work to make a copy – pressure will need to be correct in order to make a copy)