



ALL ABOUT
SPEECH & LANGUAGE

**OCCUPATIONAL THERAPISTS' (OT)
5-STEP OBSTACLE COURSE FOR SENSORY ISSUES**

SENSORY INTEGRATION / MODULATION ISSUES

Many children with sensory integration / modulation difficulties participate daily in unorganized play causing continued dysregulation.

This dysregulation affects all areas of functioning including attention, focus, hyperactivity, visual stimulation, and difficulty with auditory filtering. Sensory integration based occupational therapists use obstacle courses in order to create organized play for these children.

For example: A 5-Part Obstacle Course for a child with sensory integration / modulation difficulties.

PREPARING FOR THE 5-PART OBSTACLE COURSE:

- I. Therapressure Brushing: to alert the mind and body. The brushing alerts the tactile system quickly to the brain for increased body awareness.
- II. Joint Compressions at all 6-major joints, then calm the system for increased organization.
- III. Layed out on the floor: 5-stations specifically organized to feed the sensory system for that child in a structured and controlled environment.

www.aaspeech.com

*South Tampa Office: 1413 South Howard Avenue Suite 208, Tampa, FL 33606
Riverview Office: 6152 Delancey Station Street, Suite 205, Riverview, FL 33578*



ALL ABOUT SPEECH & LANGUAGE

SENSORY INTEGRATION / MODULATION ISSUES CONTINUED

5-PART OBSTACLE COURSE:

Station One: The child will lineally jump 30 times maintaining their body within a given space taped out on trampoline. Linear movement up and down is the most organizing movement within the vestibular system. It assists to calm.

Station Two: The child will walk forward on a balance beam. After jumping on the trampoline to increase organization of self, the balance beam continues to push them toward increased body awareness and visual attention/focus.

Station Three: The child will then grasp the trapeze bar hold two hands to the count of 5, pulling his/her knees up then dropping onto a crash pad. The pull on the upper body of the trapeze give great proprioceptive input to the child releasing serotonin for overall calming.

Station Four: The child will lay on belly and using their upper body only, pull self-up the scooter board ramp. The pull again stimulates the proprioceptive system for Calming / organization. The child will then go down the scooter board ramp on their belly activating the vestibular system in again a linear but organized motion. The child would go thru the above 4 stations for 30 minutes to continually stimulate the vestibular, proprioceptive, and visual systems together appropriately.

Station Five: Fine motor/visual motor/ motor coordination and activities of daily living skills are then practiced once seeing the shift in the child's sensory system demonstrating overall increased sensory regulation.

www.aaspeech.com

South Tampa Office: 1413 South Howard Avenue Suite 208, Tampa, FL 33606
Riverview Office: 6152 Delancey Station Street, Suite 205, Riverview, FL 33578



— ALL ABOUT —
SPEECH & LANGUAGE

All About Speech & Language:

Occupational Therapy is key in building foundational skills necessary for the development of speech and language.

[CONTACT US TO LEARN MORE](#)

www.aaspeech.com

*South Tampa Office: 1413 South Howard Avenue Suite 208, Tampa, FL 33606
Riverview Office: 6152 Delancey Station Street, Suite 205, Riverview, FL 33578*