

What is sensory integration (SI) therapy?



Our sensory experiences through sight, sound, taste, touch (tactile), balance and movement (vestibular), and body positioning (proprioception) help us make sense of the world by organizing and interpreting these senses; this is called sensory integration (SI).

Michigan Pediatric Therapy offers play-based SI therapy with trained occupational therapists. Sessions may include the use of equipment, such as trampolines, swings, crash pads, weighted vests or blankets, and an array of sensory tactile bins to assist children with sensory integration/processing issues.

Possible signs of sensory integration/processing issues:

- ✓ **Overly Sensitive** to touch, movement, sights, smells, tastes, and sounds
 - Avoidance of certain textures of clothes or foods
 - Fearful of movement, such as swinging, spinning, etc.
 - Agitated by washing hands and hair, bathing, tooth brushing, etc.
- ✓ **Activity Level** that is unusually high or low
 - Always on the move or slow to engage
- ✓ **Coordination difficulty**
 - Appears clumsy or awkward
 - Poor reflex integration
- ✓ **Under-Reactive** to sensory stimulation
 - Seeks out sensory experiences, such as spinning or crashing
 - Oblivious to pain or discomfort
- ✓ **Behavior organization is poor**
 - Impulsivity or lack of self-control
 - Difficulty calming self when upset



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A Path Forward

Contact us today to schedule an evaluation.

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