

# Deep Pressure

Deep Pressure is a therapy where touch or weight is used to help people who have sensory sensitivity. It uses pressure via touch to help someone who may need an intervention if they're feeling stressed, anxious or overloaded. The therapy can be used on its own, or as part of a wider range of therapies.

Deep Pressure can be applied in two ways:

- Through touching someone by hugging or squeezing them
- By letting someone wear a weighted item of clothing, such as a vest



*Examples of ways of providing a child with deep pressure*

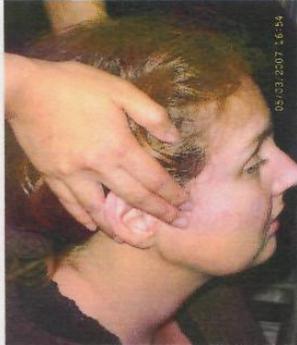
Another, less challenging means of applying Deep Pressure is by placing your hands on your child's shoulders. This can be done with even a feather-light touch, but is ideal if your child isn't too fond of being hugged or squeezed.

One of the most intense ways of using Deep Pressure via touch is massage.

The effects of Deep Pressure don't appear straight away. To apply it, through touch or otherwise, it can take a while, from a few minutes to a few hours. Once the person's senses register the touch, they begin to feel a little calmer. Eventually, they should feel ready to get on with the rest of their day.

*"How and when to use deep pressure" by Luke Aylward for Bristol Autism Support*

## Deep Pressure Massage (Head)



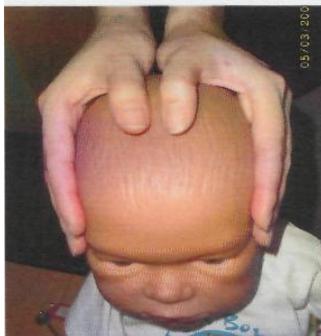
1. Position hand downward along the side of the head making sure to avoid the ears then apply a consistent and equal pressure inwards for 3-5 seconds then release  
Make sure both arms are at the same angle to ensure equal pressure.  
Press 3 times



2. Place heel of hands along the forehead (frontal) and lower back area (occipital) of the head then apply equal pressure for 3-5 seconds then release,  
Press 5 times



3. Position hand as shown on the figure, place both thumb on top of the head and 4 fingers on the side of the head avoiding the ears then apply a consistent and equal pressure inwards from the 4 fingers and downward from the thumb briefly then release.



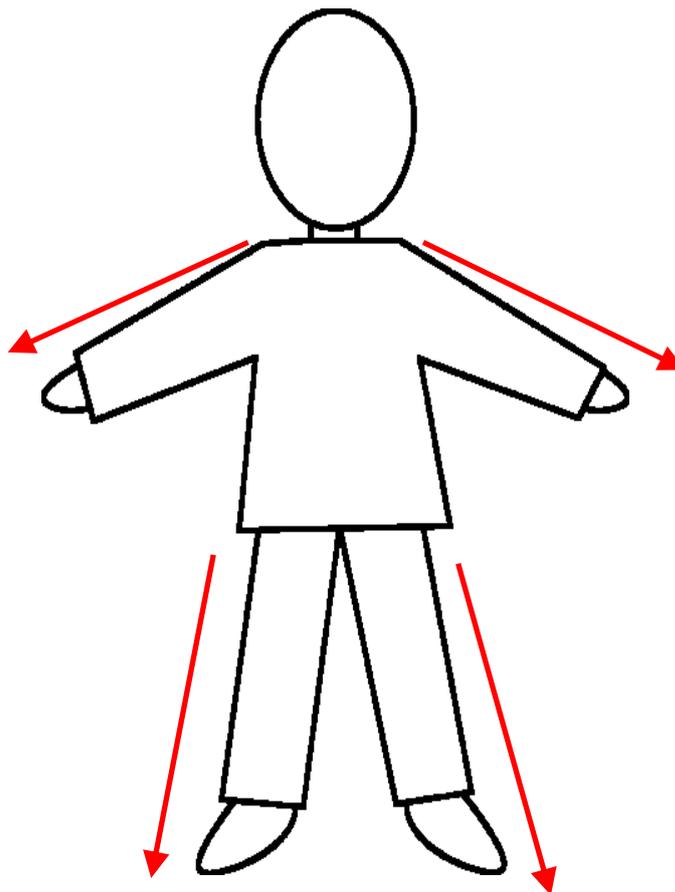
4. Make sure student is sitting properly and head, neck and spine is aligned and straight to avoid injury to spine.

## Deep Pressure Massage (Body)

- Apply deep pressure (squeeze) using both hands, either side of the limb and **descend the body part** to calm the individual.

Do this **three times** on **each limb starting from the top of the body** (some children like pressure applied to their head, others do not. If this is the case, **start by applying deep pressure on both shoulders at the same time, and then on each arm in turn, then each leg and then apply deep pressure on top of each foot.** Holding the pressure for **3-5 seconds** before you release

- **Avoid** applying pressure to the **stomach** as this is where all your vital organs are and this will be harmful to the child.



**If you have any questions, please ask your class teacher to speak to your allocated OT.**