

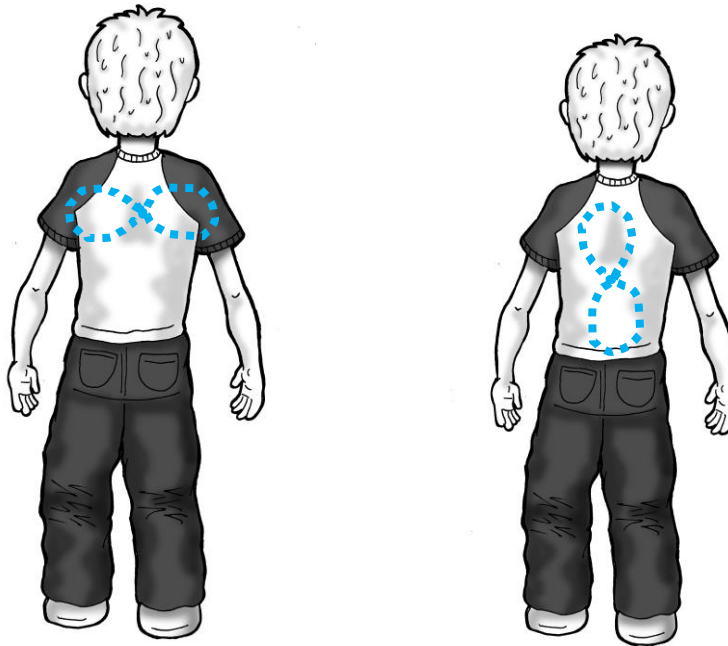


LAZY 8



Natural growth and development have certain milestones and timelines. However, along the way a movement pattern or reflex may not occur/integrate within the designated time frame. When a stage is skipped, the brain and body do not develop the most efficient system to handle new information. As such, compensatory patterns emerge which can, and often do, affect the learning process. The good news is that the brain has the ability to reorganize itself to a more efficient means of taking in information. The lazy 8 will allow the brain-body system to calm so that secure and stress free learning can occur

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Up and to the left around the shoulders blades slow and with firm contact 4-6x.

Slow firm contact along the spine.

Evidence based research:

Zisserman L, (1992). Case report- The effects of deep pressure on self-stimulating behaviours in a child with autism and other disabilities. *American Occupational Therapy Journal*, 46 p 621 – 628

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