Ashtavakra Institute of Rehabilitation Sciences & Research
Formerly Special Art School
App. by Rehabilitation Council of India, Ministry of Social Justice & Empowerment, Govt. of India
Affiliated to GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY
PSP, Institutional Area, Madhuban Chowk, Rohini Delhi-85, Ph : 011-27550012/13
Fax : 011-27550018 • Email : inforehab@tecnia.in Website : www.rehab.tecnia.in

ASHTAVAKRA JOURNAL CLUB
SESSION 2022-23
B.Ed. Spl. Edu.VI

Date: 30/12/22 **Time:** 1:30 PM

TOPIC – SENSORY INTEGRATION

AUTHOR – A. Jeans Ayres

NAME OF THE JOURNAL (APA) – Sensory Integration

ABSTRACT

Sensory integration is the process of organizing sensations from the body and from environmentalstimuli and it is a teím wheíe "sensoíy integíation" also íefeís to the píocessing, integíation, and oíganisation of sensoíy inputs fíom the inteínal oígans and the exteínal enviíonment

Sensory information is received from our senses, which include:

- Sight (vision)
- Hearing (auditory system)
- Touch (tactile system)
- Taste (gustatory system)
- Smell (olfactory system)
- Proprioception (senses of body awareness and position)
- Vestibular (awareness of movement, balance, and coordination)
- Interoception (our internal sensory system that tells us what is happening inside our body, forexample, hunger, needing the toilet, fatigue, emotions, etc)

Sensory integration theory is used to explain why individuals behave in particular ways, plan intervention to ameliorate particular difficulties, and predict how behaviour will change as a result of intervention. Individuals with sensory-processing difficulties often experience delayed or impeded typical behaviours and functioning as a result of interferences in neurological processing and integration of sensory inputs. Sensory dysfunction affects the neurological processing of sensory information and sensory systems which causes negative impacts on learning and development.

OBJECTIVES: The basic objective to perform sensory integration is in the process of intervention approach, itis used as "a clinical frame of reference for the assessment and treatment of people who have functional disorders in sensory processing

METHODS:

Visual	Auditory	Tactile	Gustatory (Taste)	Olfactory (smell)	Vestibular	Proprioceptive
Spinning tops or toys Light up toys Use a flashlight or pen light to draw attention Visual memory games Colored chalk, markers, crayons, and pencils Lava lamps Bubbles Look in mirror Coloring mixing activities Light table Shadow exploration Parachute play	Incorporate music during activities Noise cancelling headphones Background noise, white noise, or sound machine Books, puzzles, toys, or manipulatives with sound Bubble wrap Snap, clap, or stomp Play with music instrument Kazoo toy Listen to nature sounds outside (i.e., birds, ducks, dogs)	Play dough Sensory bin with rice, beans, cereal, or waterbeads Theraputty Sand or water play Lotion massage rub to hands and arms Fidget toys Scratchy gloves, sand paper, cotton balls, brushes Finger writing or hand play with shaving cream or whipped cream Finger paint Bubble wrap Felt strips Textured foam paper Carpet samples	Mouth and chewing toys Vibrating toys Vibrating toothbrush Sour, salty, crunchy, snacks Drink warm or cold liquids Variety of straw types (i.e., hard, soft, rubber, textured)	Lotion with calming or alerting aromas Scented soaps to wash hands Essential oils diffuser, necklaces, bracelets Scented markers or stickers (non-toxic) Scented play dough, finger paints, or sensory dough Scented bubbles Create scented bottles with aromas, spices, or oils	Rocking chair Spinning Twirling Bend over and place head below heart Fast, alternating movements Ride tricycles, scooter boards, or scooters Jumping jumps Bounce and roll on therapy ball - slow or fast Therapy ball chair Sit N Spin Take a longer route to and from class Vibration toys	Playground - climb, hang, run through, and go under equipment Sand play - dig or pour Jump on trampoline Jumping or running in place Theraputty exercises Stand up to do work Chair or wall push ups Obstacle course Bear or crab walk Yoga poses Push or carry a heavy box around the room Carry weighted backpack Body sox play Arm circles Sit ups Wheelbarrow walking

RESULT:

These all methods of sensory integration helps in developing sensations in the organs of the body. The individual is now capable of being independent in performing sensory related activities.

Multisensory integration, also known as **multimodal integration**, is the study of how information from the different Sensory modalities (such as sight, sound, touch, smell, self-motion, and taste) may be integrated by the nervous system.

CONCLUSION: **Sensory integration therapy** (**SIT**) was originally developed by occupational therapist A. Jean Ayres in the 1970s to help children with sensory-processing difficulties. It was specifically designed to treat Sensory Processing Disorder (sometimes called Sensory Integrative Dysfunction). Sensory Integration Therapy is based on **Sensory Integration Theory**, which proposes that sensory-processing is linked to emotional regulation, learning, behaviour, and participation in daily life.

KEYWORDS:- Sensory , Integration, Multisensory, Vestibular, proprioception

PRESENTER:- Sakshi Sharma

Deepak Kumar
Ashtavakra Journal Club Incharge

Sanjana Mittal
Deputy Director

Physiotherapy & Rehabilitation Sciences
PSP
Rohini
Delhi-85