
· Using an Air Cushion ·

Description: Air cushions, also known as "SitFit", "Move n' Sit", Dynadisc", etc. are placed on any sitting surface such as a chair seat or on the floor. They come in adult size and a smaller pediatric size.

Purpose: The purpose of an air cushion is primarily to help the person sit for longer periods of time, while maintaining proper body posture and remaining comfortable.



Advantages

The air cushion offers many advantages. It provides the body with sensory input that is calming and organizing to the nervous system. As a result, the person is better able to remain seated for longer periods of time, while maintaining an increased level of attention and concentration.

The way this works is by stimulation of the proprioceptive and vestibular senses of the nervous system. **Proprioception** is the sense responsible for providing us with information about body positioning in space. Its receptors are located in the joints, ligaments and muscle. The **vestibular sense** is responsible for detecting movement. When you are seating on an air cushion, you are sitting on an uneven surface. The deep pressure from the air in the cushion and the movement that is initiated through small changes in position, offers direct stimulation to the proprioceptive and vestibular senses. When the proprioceptive receptors are stimulated, there is an automatic calming response that occurs within the nervous system. The added input from the vestibular sense, increases processing and intensifies this calming effect by also making it organizing to the nervous system. As a result, the person is better able to sit and focus for longer periods of time.

Who can benefit from using an air cushion?

Air cushions are usually recommended by occupational therapists. Therapists will recommend such an item for a child or person with attention challenges and sensory processing difficulties, most commonly, sensory seekers. Air cushions are appropriate for children who fidget and have a hard time sitting still. It is also helpful to increase the quality of attention in typically developing children, children with learning challenges and children with ADD and ADHD.

* Cushions are available from Kinemedics in Ottawa (613) 761-9764 *

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