

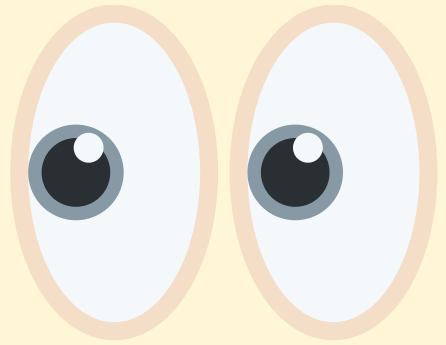
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Coastside
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1

VISION

Our sense of sight helps us understand what we are seeing. It is also needed in reading body language. Vision guides our movements.



2

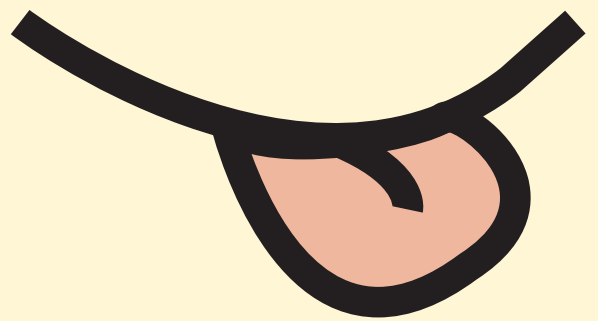
AUDITORY

Our hearing sense helps us perceive the directionality of sound. We stay safe as we are alerted to dangerous noise like a car is coming. Hearing allows us to understand the spoken word.

3

TASTE

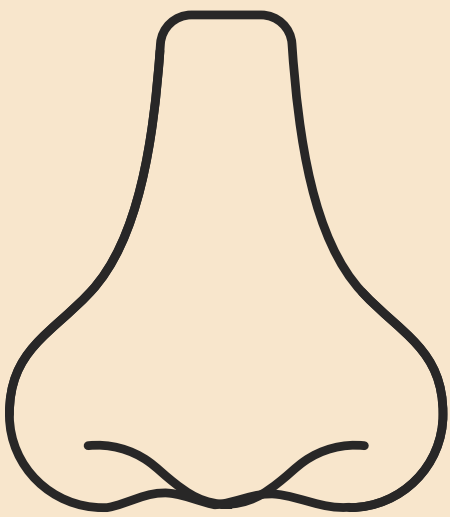
This is also called our gustatory sense and gives us information about food: salty, spicy, bitter or sweet. It also keeps us safe from eating "bad" food.



4

SMELL

The olfactory sense helps us to enjoy foods and protects us when we react to unpleasant or dangerous smells.



5

TOUCH

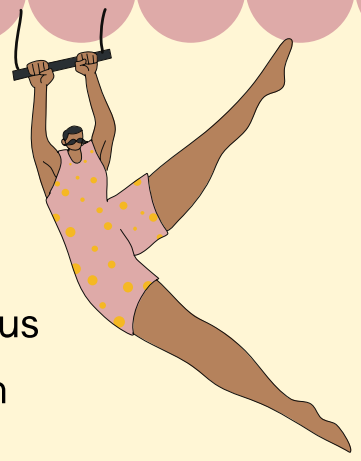
The tactile system gives us information about the shape, size and texture of objects. The tactile system has 2 parts: the protective and discriminative.



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Sensory Systems



6 VESTIBULAR

This sense is located in the inner ear and gives us a sense of position and movement. Information from this sense helps us with balance and postural control. The vestibular system is also related to attention span and alertness.

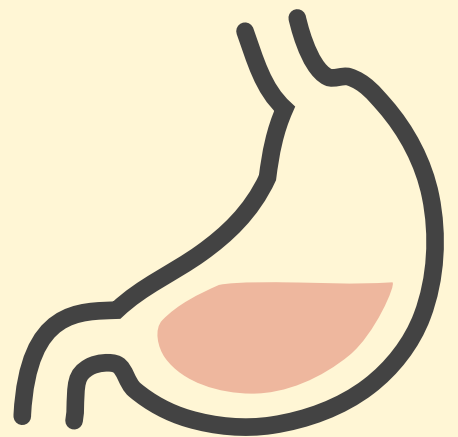


7 PROPRIOCEPTORS

These receptors are in our joints and muscles giving us an awareness of where our body is in space. With this information we know how much force to use for an activity and or how much adjustment we need to make to stay upright.

8 INTEROCEPTORS

These receptors are our internal sense, giving us information on our internal organs. This knowledge is used to help us know when we are hungry or when we have to go to the bathroom.



SENSORY INTEGRATION

Having our sensory systems process information and share the information between systems gives us a solid foundation to build higher level skills from. For example, when our visual system and our proprioceptive system work in tandem we are able to track and catch a ball. If a sensory system is not processing correctly our foundation is weak and something usually suffers: skills, behavior, academic learning, etc.

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Here at CPTC we evaluate each sensory system's ability to discriminate information. We are able to help families understand when a processing disorder is affecting their child's postural stability, praxis, skill level deficits, and modulation disorders (behavioral regulation). The occupational therapist can then treat these difficulties.