



Joint traction is a form of proprioception. It occurs when there is tension, pull, or **traction** placed on a **joint**. It is very important for developing body awareness and a sense of the body in space. It also promotes self-regulation and can be very calming, regulating, and organizing for the brain and nervous system.

Simple traction activities:

- Playground: Hang by arms on jungle gym or climbing bars
- Home: Place chin up bar securely in door frame and have child hang by arms to tolerance (may just be 2-3 seconds to start) Repeat 1 more time. Try to increase tolerance by 1-2 seconds a day
- For younger children in preschool: You can have your child hold onto a broomstick handle held horizontally. The adult gently lifts the handle up, lifting the child a bit off the floor as they hang on. This is a wonderful at home traction activity for the little ones.

Other activities which offer traction:

- Seated overhead stretch
- Row, row, row the boat with a partner: sit facing partner and rhythmically pull back and forth as if you were rowing a boat.
- Pull a weighted cart or basket
- Pulling another child on a scooter board with a rope attached

Always check with you child's OT or PT for the optimal frequency, intensity and duration of these recommended activities