

# Sensory Belt™ Instructions

## *Sensory Integration (SI) made Simple!*

The Sensory Belt™ is a weighted therapy belt which promotes self calming and increased body awareness by enhancing proprioceptive feedback. Within minutes of wearing the Sensory Belt you will feel more balanced, focused, and secure! If you have any questions regarding these instructions please send us an email.

### **How to secure the Sensory Belt**

- 1) Make sure the strap on the belt is pulled through the plastic slide to ensure the strap is secured.
- 2) Make sure the side release buckle (CLICKS) to secure the belt around your waist.
- 3) Securely fasten the Sensory Belt around your waist by adjusting the strap.

### **How to wear the Sensory Belt**

Align the center point (Silver STAR) of the Sensory Belt with your belly button or as instructed by your therapist/physician. Some may prefer the weight of the belt centered around the back.

### **How long should I wear the Sensory Belt?**

The Sensory Belt may be worn for 15 to 30 minutes up to 4 times a day or as long as you feel comfortable. Make sure you take occasional breaks from the belt.

### **Tips**

- 1) Secure the belt firmly, but not too tight.
- 2) Share your experience with your Therapist/Physician.
- 3) The Sensory Belt may be used as a lap belt while sitting or eating.
- 4) Keep the Sensory Belt in your child's room so they become familiar with the belt.

\*Therapists may have specific uses for the Sensory Belt requiring different general guidelines.

\*Children may resist wearing the belt at first. Be patient, your child will soon recognize the benefits.

### **Sensory Belt™ Small (Children, Adults & Therapists)**

**(SB404)** Four pound belt for children, teens, & adults weighing 75-125lbs with a waist size between 26" to 36"

### **Sensory Belt™ Medium (Children, Adults & Therapists)**

**(SB505)** Five pound belt for children, teens, & adults weighing 125-175lbs with a waist size between 30" to 40"

### **Sensory Belt™ Large (Children, Adults & Therapists)**

**(SB456)** Six pound belt for children, teens, & adults weighing 175lbs & up with a waist size between 34" to 44"

*The Miracle Belt provides proprioceptive benefits for children who weigh less than 75 pounds.*

### **USES:**

At Home, Work, School or Therapy.

### **CARE OF THE BELT:**

Use a damp wash cloth to clean your Sensory Belt.

### **CAUTIONS:**

1. Make sure to use the proper belt model for weight and size.
2. Before beginning any therapy program we recommend that you consult a therapist/physician.
3. Children under the age of 18 should use with adult supervision.
4. Do not use in or around bodies of water such as tubs or swimming pools.
5. Do not place in a washing machine or dryer.
6. Do not use or store near heat or flames.
7. Do not puncture the weight pouches.
8. Use belt only as directed.

*\*In the unlikely event there is any discomfort, discontinue use immediately\**

Every purchase includes a 30 Day Money Back Guarantee. For FAQ's or any further information regarding the Sensory Belt please visit us online at [www.sensorybelt.com](http://www.sensorybelt.com).