



OT Lens: Un Paso  
A La Vez



# Deep Pressure

## WHAT IS DEEP PRESSURE?

Deep pressure is a “sensation produced when an individual is hugged, squeezed, stroked, or held” (Krauss, 1987, p. 366). Deep pressure is widely used by occupational therapists when working with children with autism spectrum disorder as it is rewarding, reduces stress and anxiety, and is seen to improve performance in school (Bestbier & Williams, 2017; Owen-Smith et al., 2015).

## WHAT ARE THE BENEFITS OF DEEP PRESSURE?

Deep pressure is beneficial for sensory-seekers, whereas it can be harmful for those who are sensory-avoidant (O’Brien & Kuhaneck, 2019). Sensory avoidant means those that want to avoid any sensory-based input or interaction, whereas sensory-seekers are those that want an overload of one or multiple senses.

## ACTIVITIES



- Hugs
- Weighted blankets
- Weighted bean bags or balls
- Full body massage with a yoga ball
- Therapeutic brushing
- Squeezing
- Swaddling
- Rolled in a blanket



## REFERENCES

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**\*\*Please consult a licensed occupational therapist or healthcare practitioner to ensure the activities are appropriate for your child. \*\***



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