

Check out our newly constructed, state-of-the-art Sensory Gym System! Designed by the Director of Occupational Therapy, Christine White, Christine and her team of Occupational Therapists collaborated with Summit Sensory Gym to design and customize an all-in-one Sensory Therapy Gym that addresses clients' specific therapeutic needs served at Universal Institute in Livingston, NJ.

This new system will be utilized during rehabilitation services and as a part of the Day Program's daily routine.

Why is having a sensory gym important for clients with disabilities?

Finding ways to soothe the body and mind is a normal part of being human. When someone has a disability that involves sensory processing issues, hypersensitivity, or decreased sensitivity to stimuli, these swings will help to regulate their nervous system.

What is a sensory swing?

A sensory swing is a hanging seat or platform that can be very calming and pleasant for someone seeking physical stimulation; they can be especially helpful for adults who find different types of movement and touch to be calming. Swings can help assist with what is known as sensory integration, helping the brain and body work together to process information and input. Therapeutic swings offer vestibular stimulation to individuals with sensory processing disorders and other special needs.

Sensory Swing Benefits

Just a few minutes in a sensory swing can have a calming effect that lasts for hours.

The gentle back-and-forth motion of swings soothes, improves balance, reduces anxiety, improves mood, increases physical activity, and develops important motor skills and balance, making these swings valuable tools for various therapeutic and developmental needs.

Types of Sensory Swings

Because every client has different sensory needs, the kind of swing that is most beneficial will depend on what type of motion the client will find soothing.

With this new addition to the program, Universal Institute will be able to provide the bespoke therapeutic experience for every client's individual needs, offering 10 different types of swings including:

1. Wheelchair Swings
2. Bolster Swing
3. Variable Axis Swing & Footrest
4. High Backed Full Support Swing Seats
5. Rainbow Gliderz Mat Swing
6. Full Support Swing Seat
7. Hammock Swing
8. Leaf Chair Swing
9. Bucket Swings
10. Platform Swing