

## How do I use a wobble cushion?

Sometimes it is difficult for people to sit still, even though they regularly need to remain seated at their desks or tables. For example at work, at home during dinner and at school during class. Then it can help to sit on a wobbly cushion for a while. As a result, the muscles of the trunk and legs are constantly active and that ensures that you can concentrate better on what you are doing.

Wobble cushions come in different shapes and sizes. Thick and thin, for large and small chairs. With some pillows you can vary the amount of air. There are cushions that have the shape of a wedge, which makes it easier to sit upright. There are cushions that are smooth and others have bumps that give extra touch input. You can ask your sensory processing specialist to help decide about which cushion is best for you or your child. They will also give you instructions about when it is best to sit on the cushion and for how long.

If you have not received instructions, you may lack some information about the effects of a wobbly cushion. The effect arises from the fact that the body receives new sensory input, so that it has to adapt to a new situation. This ensures extra alertness and therefore better concentration. If you do not see or feel this effect after you have tried the cushion for about three weeks, a wobbly cushion does not seem to be your solution. You should become more alert, because you receive extra movement input. When you sit on the wobbly cushion for a longer period of time (more than half an hour), your body gets used to that extra input. As a result, it has little added value on your level of alertness after this time. And you may then start to move more vigorously, to still get the same effect. This is why it is important to know how long and when you should use the cushion.



The wobble cushion is usually intended to ensure that less moving around is needed to feel comfortable and stay alert. The cushion has the most effect when you use it no more than 3 or 4 times a day for a period of around 30 minutes. Then it will be experienced as new input by the brain. Choose those tasks that require you to sit in one place for a relatively long time.

Make sure your feet reach the floor while sitting on the cushion. You may want to use a size smaller chair or stool when using the cushion. If the cushion has a wedge shape, you can use the same chair.

If you have any questions, tips or ideas about wobbly cushions, you can email us at [monique@dutchsensorysolutions.nl](mailto:monique@dutchsensorysolutions.nl).

Kind Regards,  
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