
COMPRESSION CLOTHING

Eyas Landing & Blue Bird Day

What are they?

Compression clothing is usually made of a mesh-like fabric that wraps around the body, while still allowing freedom to move. It can be worn underneath or on top of clothing depending on the brand. One example is a compression vest. These provide a feeling like a big hug to help children calm down and filter sensory information. Many pressure vests come with clasps that can be resized to create a snug fit for your child as they grow. It is important to make sure that the compression clothing fits snugly but not so tight it is difficult to breath or move.



Why use them?

Compression clothing provides deep pressure evenly throughout the body. This deep pressure allows a person to calm their bodies down by allowing better integration of all the senses. Additionally, by providing continued deep pressure, a person becomes more aware of their bodies in space. This means that they may be able to focus on a task without wiggling. They may handle sensory input without having a break down. Compression clothing also helps with 'clumsiness' that relates to difficulty understanding body movements in space. Compression clothing can be worn for extended time however, it is recommended to be worn for 20 minutes, followed by a 20-minute break.

Who can use them?

Compression clothing may benefit your child if you notice your child has difficulty:

- Coordinating their body to complete tasks
- Seems clumsy and bumps into things often
- Fidgets or wiggles while seated
- Has difficulty balancing
- Gets very upset quickly over small problems

Why use a compression vest instead of a weighted vest?

Even though compression vests and weighted vests seem similar, they serve different functions. Compression vests give deep pressure throughout the torso, like a hug. They help calm and provide body awareness. Additionally, compression vests can be adjusted to change the amount of pressure. Weighted vests do not provide the same amount of pressure across the whole torso. They have weights placed in different places in the vest in order to give input to the joints of the body. The weights can be moved to different areas to provide input to different joints. This input lets a person better organize how their body is moving and where it is in space. Weighted vests can make a child more tired though as they mean the child is doing activities with more weight. They may not be best for a child who is weak or gets tired quickly.

Types of compression clothing

Many compression clothing brands are very similar. Most are made of a neoprene or mesh material and breathe easily so your child does not get too hot. Clothing that has adjustable sizes is helpful to adjust the pressure depending on the child's needs.

Price

\$17-\$34

Resources

Blogpost on Compression vs. Weighted Vests from a Director of Therapy at a Sensory Integration Clinic:

<http://specialneeds.achievement-products.com/2010/12/hello-my-name-is-bridgette-anderson-and.html>

Fun and Function:
Compression Vest

<https://funandfunction.com/pressure-mesh-vest.html>

