

Desk-Er-Ciser Activity Guide

Introduction

No more stretched out therapy or elastic bands! The Desk-Er-Ciser is the fast clip-on clip-off way to provide muscle and movement opportunities. Just hook up around the chair or desk legs and you have an instant sensory tool for fidgety legs and deep pressure sensory seekers! Lightweight and portable, the Desk-Er-Ciser is perfect for home, classroom, community outings or even the therapy clinic.

Product Use

To apply the Desk-Er-Ciser, simply hook the green band round the two front legs of a chair or front or back desk legs. Clip the band closed around the legs and tighten the strap as needed to adjust the tension. You can adjust the height of the band along the chair or desk legs to accommodate the child's height and/or sensory preferences. The student then can push against the band with their shin, ankle or even the foot.

Modifications: By securing the band at the top of the student's desk legs, the Desk-Er-Ciser could also be used as a hand fidget.

Care & Safety

The Desk-Er-Ciser is made of a rubber compound. Contains latex. Surface wipe with a damp cloth or a germicidal wipe. Adult supervision is recommended when using the Desk-Er-Ciser. Not to be used around the body and keep away from small children. Recommended for children ages 5 and up.

Recommended Products

Check out these other great Abilitations products:

- Squash It Whisper Fidgets: 026733
- Squash It Auditory Fidgets: 026735
- Elastablast: Small (017856) Lg (1004566) and XL (004286)

