

## 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 and therapy clinics

### Product Use

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

### Modifications:

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



### Care & Safety

The Desk-Er-Ciser is made of a rubber compound that can be surface cleaned with a damp cloth or germicidal wipe.

Adult supervision is recommended when using the Desk-Er-Ciser.

Do not use around the body. Keep away from small children. Recommended for ages 5 and up.

