

# Sensory Belt™ Instructions

## *Sensory Processing made Simple!*

The Sensory Belt™ is a weighted therapy belt which promotes self calming, balance, and increased body awareness by enhancing proprioceptive feedback. Within minutes of wearing the Sensory Belt™ you will feel more grounded, focused, and secure! If you have any questions regarding these instructions please send us an email at [service@sensorybelt.com](mailto:service@sensorybelt.com).

### **How to secure the Sensory Belt?**

- 1) Make sure the strap on the belt is pulled through the plastic slide to ensure the strap is secured.
- 2) Make sure the side release buckle (CLICKS) to secure the belt around your waist.
- 3) Securely fasten the belt around your waist by adjusting the strap.

### **How to adjust the strap on the Sensory Belt?**

- 1) Hold the male end (three prong side) of the belt with your left hand. (Right hand if you are left handed)
- 2) Pull the rectangular plastic slide away from the male end of the belt to allow for slack in the strap.
- 3) With the extra slack you will be able to pull the strap through the middle of the rectangular slide.
- 4) Reverse the sequence to extend the strap of the belt.

### **How to wear the Sensory Belt?**

Align the center point (Silver STAR) of the belt with your belly button or as instructed by your therapist/physician. Some may prefer the weight of the belt centered around the back.

### **How long should I wear the Sensory Belt?**

The belt may be worn for 15 to 30 minutes up to 4 times a day or as long as you feel comfortable. Make sure you take occasional breaks from wearing the belt.

### **Tips**

- 1) Secure the belt firmly, but not too tight.
- 2) Share your experience with your therapist/physician.
- 3) The belt may be used as a lap belt while sitting or eating.
- 4) Keep the belt in your child's room so they become familiar with the belt.

Note: Therapists may have specific uses for the Sensory Belt™ requiring different general guidelines.

#### **Sensory Belt™ (SB 404) Small**

Four pound belt for children, teens, & adults weighing 75-125lbs with a waist size between 26" to 36"

#### **Sensory Belt™ (SB 505) Medium**

Five pound belt for children, teens, & adults weighing 125-175lbs with a waist size between 30" to 40"

#### **Sensory Belt™ (SB 456) Large**

Six pound belt for teens and adults weighing 175lbs & up with a waist size between 34" to 44"

*The Miracle Belt™ provides proprioceptive benefits for infants and children weighing less than 75 pounds.*

### **CARE OF THE BELT:**

Use a damp wash cloth to clean the belt.

### **CAUTIONS:**

1. Make sure to use the proper belt model for weight and size.
2. Before beginning any therapy program consult a therapist/physician.
3. Children under the age of 18 should use the belt with adult supervision.
4. Do not use the belt in or around bodies of water such as tubs or swimming pools.
5. Do not place the belt in a washing machine or dryer.
6. Do not use or store the belt near heat or flames.
7. Do not puncture the weight pouches.
8. Use belt only as directed.

*\*In the unlikely event there is any discomfort, discontinue use immediately\**

Every purchase includes a 30 Day Money Back Guarantee. For FAQ's or any further information regarding the Sensory Belt™ please visit us online at [www.sensorybelt.com](http://www.sensorybelt.com).