



**PATTERSON
MEDICAL**



Squeeze Machine



Originally designed by Temple Grandin

“Many people with autistic disorder have problems with oversensitivity to both touch and sound. The author (an autistic person) developed a device that delivers deep touch pressure to help her learn to tolerate touching and to reduce anxiety and nervousness. The “Squeeze Machine” applies lateral, inwardly directed pressure to both lateral aspects of a person’s entire body, by compressing the user between two foam-padded panels.

Clinical observations and several studies suggest that deep touch pressure is therapeutically beneficial for both children with autistic disorder and probably children with attention-deficit hyperactivity disorder. Only minor and occasional adverse effects have been noted. Data are reported that show a similar calming effect in non-referred college students. A review of the animal literature reveals that animals have similar calming reactions, and also suggests possible additional physiological effects of deep touch pressure. At present, there are increasing anecdotal reports of the clinical value of the Squeeze Machine, including suggestions that it can be used to reduce required doses of psychostimulant medications. More clinical studies are needed to evaluate the potential role of this seemingly beneficial form of “physiological” stimulation.”



Source: Dr. Temple Grandin’s web site:
<http://www.grandin.com/inc/intro-squeeze.html>

Testimonials

“Lakeside School District uses the Squeeze Machine as an intervention tool and it has helped our clients/ students to better feel touch sensation. Lakeside School District recommends the Squeeze Machine.”

– *Jennifer Moore, Occupational Therapist*

“As a parent I highly recommend that any school or Clinical setting that has Autistic clients have a Squeeze Machine. My Autistic son has been using the machine for the past 3 years at the Chicago Land Easter Seals. Before using the Squeeze Machine I could never hug my child, now he is more receptive and sometimes even hugs me! I’ve even thought about getting a machine for my home.”

– *C. Robertson*

“One of the great pluses of this equipment (Squeeze Machine) is that it is controlled by the person using it, facilitating learning to self-regulate. Some days, you can feel like your body, the sensory environment and there interactions are ahead of you; it is important to get back some of your own control.”

–*Margaret P. Creedon, PHD*

Commonly Asked Questions

- **What are some observations to determine if the Squeeze Machine is an appropriate form of therapy?**
 - a. Individuals who crave deep pressure (hugs, under cushions, under mattress)
 - b. Individuals that have an approach-avoid reaction to deep pressure and show signs of being tactically defensive.
 - c. Individuals who suffer temper tantrums, anxiety, aggression
- **Who benefits from the Squeeze Machine?**
 - a. Individuals who crave deep pressure
 - b. Have an approach-avoid reaction to deep pressure
 - c. Show signs of being tactically defensive
 - d. Deep touch stimulation is recommended for hyperactive, autistic, and distractible children.
- **Who can use the Squeeze Machine?**
 - a. Children 5 years of age and older and adults who weigh less than 250 pounds.
 - b. The Squeeze Machine can be used by most people because it is adjustable in a number of ways.
 - i. The machine has a series of slots and holes to allow approximately fourteen inches of adjustment in width at the base of the pads.
 - ii. There are also slots to adjust the headrest height, slides to adjust for differing head widths, and the hand control center is adjustable from side to side and from front to back.
 - c. One set of pads is included, which will accommodate children or adults.

- **Why is the Squeeze Machine more effective than rolling in a blanket or mat?**

There is a wide number of calming therapies and relaxation techniques for children with autism to choose from. The basic principle underlying all these strategies is through deep sensory techniques used to distract the child from under stimulation and overstimulation and to bring him back to a state of reality.

- a. The machine can apply greater pressure than a blanket and still be comforting and soothing.
- b. The amount of pressure and the length of time can be controlled by the client.
- c. The therapist can control the maximum pressure that can be applied by adjusting the pressure regulator on the Squeeze Machine.
- d. Care giver & therapist unable to apply appropriate pressure



- **What benefits can we expect from the Squeeze Machine?**

Based on a study published in 2007 in the British Journal of Learning Disabilities, both children and adults with Autism were tested. The researcher reported less physical restraints were required when the patient became anxious as well as reduced dependence on medication for control of anxiety.

- **How big is the Squeeze Machine?**

- a. The machine stands 60" tall 60" long and 32" wide.

- **What is the machine made of?**

The basic structure is constructed from furniture quality birch plywood. The wood has a clear smooth durable finish. All edges are rounded to ensure safety. The air controls are high quality with multiple safety devices included. The remaining parts are comprised of wood, metal, and plastic. The overall look is that of an educational style piece of furniture.

- **What kind of maintenance can I expect on the Squeeze Machine?**

Minimal maintenance is required.

- a. The pads can be wiped down with a light detergent and water mixture
- b. The compressor needs to be drained occasionally
- c. The cup inside the upper control box on the bottom of the air regulator where condensation may build up should be drained as needed
- d. The head rest faux lambs wool can be washed and dried

Patterson Medical

Customer Service: (800) 323-5547

Fax: (800) 547-4333

www.PattersonMedical.com

The Squeeze Machine

Item # 0815-76-461

Link to Squeeze Machine page:

http://www.pattersonmedical.com/app.aspx?cmd=getProduct&key=IF_214180

For more information, contact your
Patterson Medical representative.