

TERAFIN CORPORATION PRESENTS

THE SQUEEZE

MACHINE



For Individuals With Sensory Needs

Noted researcher and author, Temple Grandin, Ph. D., who is a professional with autism, developed this product. Applying deep touch pressure produces a calming effect on the nervous system of some hyperactive and autistic individuals.

Q: How Big Is It?

Crated for shipment the machine is 65" tall, 65" long, and 54" wide. Uncrated it is 60" tall, 60" long, and 32" wide. Crated, the complete system with compressor weighs almost 350 pounds.

Q: Who Can Use It?

The Squeeze Machine can be used by children and adults because it is adjustable in a number of ways. The machine has a series of slots and holes to allow approximately 14" of adjustment in width at the base of the pads. 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. One set of pads is included, which will accommodate either children or adults.

Q: Is It Safe To Use?

The Squeeze Machine has been used on a daily basis in clinical settings for over 10 years with no injuries. For more information go to <http://www.autism.org/hug2.html>.

Q: What Is The Warranty?

Therafin warrants its products to be free from defects in materials or workmanship for one year from the date of purchase (the date of shipment).

If you have additional questions, please call Therafin Customer Service at 800-843-7234

Q: What Is It Made Of?

The basic structure is constructed from 13-ply 3/4" birch plywood, sealed and lacquered for a durable smooth finish. All edges are rounded to ensure safety. The air controls are high quality with multiple safety devices included. A quiet, compact oil free air compressor is included. The overall look is that of an educational style piece of furniture.

Q: How Does It Ship?

It is shipped fully assembled, and after the crate and pallet have been removed, the machine will fit through a standard 36" door opening. Due to its size and weight, shipment must be by truck. One normal machine crated weighs about 350 pounds, including the air compressor. You must have the ability to unload the crate from the truck either by use of handling equipment, loading dock or man power.

Q: How Long Does It Take?

If the Squeeze Machine is in stock, the machine can be shipped as soon as credit is approved or a deposit is made. But to be safe, you should plan about 6 weeks for the machine to be completed and an additional week for shipping.

Q: How Do I Order?

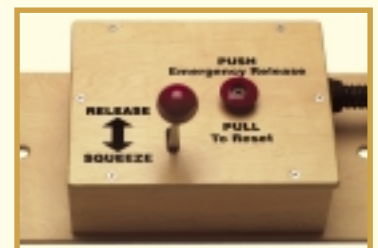
You may make a Direct Purchase.



The Squeeze Machine

It consists of two padded side boards which are hinged at the bottom to form a V-shape. The user steps into the machine and lies down on the inside of the V-shaped crevice-like space. The inside surfaces of the device are completely lined with thick foam rubber. Deep touch pressure stimulation is applied along both sides of the person's body, with lateral pressure pushing inward onto the body. The V-shaped space supports the body fully from head to toe, so that the users can completely relax. The contoured padding provides an even pressure across the entire lateral aspect of the body without generating specific pressure points. The foam-padded headrest and padded neck opening are covered with soft fake fur.

The user has complete control over the amount of pressure applied. A lever-operated pneumatic valve, which is connected to an air cylinder that pulls the side boards together, allows the user to self-regulate the amount of pressure applied.



Introducing The Client To The Squeeze Machine

The person using the Squeeze Machine has complete control over the amount and duration of the pressure. Many autistic, hyperactive or tactually defensive children and adults crave deep pressure. It has a relaxing effect on them. Most will readily use the Squeeze Machine if they are introduced to it properly. Use of the machine must be voluntary. A client must never be forced into the machine. To entice the client to use it, a therapist or an adult that the person trusts should demonstrate the machine. The demonstrator must actually use the machine to show that it will not hurt him. The person who demonstrates the Squeeze Machine should be completely familiar with it before he demonstrates it. If the demonstrator shows any signs of fear or apprehension, he may communicate the apprehension to the client.

Some clients will immediately use the Squeeze Machine, and additional demonstrations or encouragement are not needed. Some tactually defensive clients will have an approach-avoid reaction. They crave the pressure, yet they pull away. A lot of encouragement may be needed. Often a therapist or other adult can coax the client into the Squeeze Machine by sitting in front of it. A tactually defensive client may use the machine for only a few seconds the first time. Each day, the client will be able to tolerate it for a longer time.

To achieve the most relaxing effect, the client should remain in the Squeeze Machine for 15 to 25 minutes, with pressure being applied for at least a total of 5 minutes. The person using the machine must be in the correct position. When the person is in the correct position the pressure will be evenly applied. The relaxing effect will also be enhanced if the user closes the sliding panels against his neck. The padded panels provide a place for the user to rest his shoulders against. They also apply additional pressure to the base of the neck and the shoulders. Some clients will readily get into the machine and apply the squeeze pressure, but they are reluctant to close the panels against their neck. The client should be encouraged to close the panels, but they must never be forced closed.



Some clients will prefer to apply constant pressure. Others will prefer to tighten up the squeeze and then release it repeatedly. The most relaxing effect can sometimes be obtained by slowly releasing the pressure and then slowly increasing it. The client can release the pressure slowly by moving the control lever part way to the release position. He can also increase the pressure very slowly by moving the lever part way towards the squeeze position.

For best results, the Squeeze Machine should be located in a familiar place. Place it where the light can be dimmed or the shades can be drawn, and in a quieter environment. If it is located in a strange place it will be more difficult to get the client to use it and relax. Warmth will also increase the relaxing effect. Some clients prefer to have a blanket placed on their back while they are in the Squeeze Machine.

Why is the Squeeze Machine more effective than rolling in a blanket or mat for deep touch stimulation?

The advantage of the Squeeze Machine over other forms of deep pressure stimulation, such as rolling in blankets or mats, is that the machine can apply greater amounts of pressure over larger areas of the body, much greater pressure than a blanket, yet still be comforting and soothing to an individual. The air cylinder power applies constant pressure, even when the user shifts position.

Another advantage is that the amount and duration of the pressure can be precisely controlled by the user. The user can apply the pressure to his or her self, yet the maximum pressure that can be applied can be easily controlled by the therapist adjusting the pressure regulator on the Squeeze Machine.

As a person uses the Squeeze Machine, the individual can apply firm yet positive contact to his or her self. The user's active control of the amount of touch-pressure he or she receives is of the foremost importance. Since the Squeeze Machine is designed to feel very much like being held by another person, the device might help the user to accept, and perhaps enjoy, being held or touched by another person.

Temple Grandin, Ph.D.

"My Experience With The Squeeze Machine"

As a child, I craved to feel the comfort of being held, but I would pull away when people hugged me. When hugged, an overwhelming tidal wave of sensation flowed through me. At times, I preferred such intense stimulation to the point of pain, rather than accept ordinary hugs. On the Ayres Checklist for Tactile Defensiveness (1979), I had 9 out of 15 symptoms by age 10 years. Whenever anyone touched me, I stiffened, flinched, and pulled away. This approach-avoidance characteristic endured for years during my childhood.

At puberty, anxiety and nervousness made me feel as though I was constantly in a state of "stage fright". While the nature of this anxiety was not diagnosed at the time, they have been retrospectively diagnosed as panic attacks and would fulfill the DSM-III-R criteria.

At age 18, I constructed the Squeeze Machine to help me calm down the anxiety and panic attacks. Using the machine for 15 minutes would reduce my anxiety for up to 45-60 minutes. The relaxing effect was maximized if the machine was used twice a day.

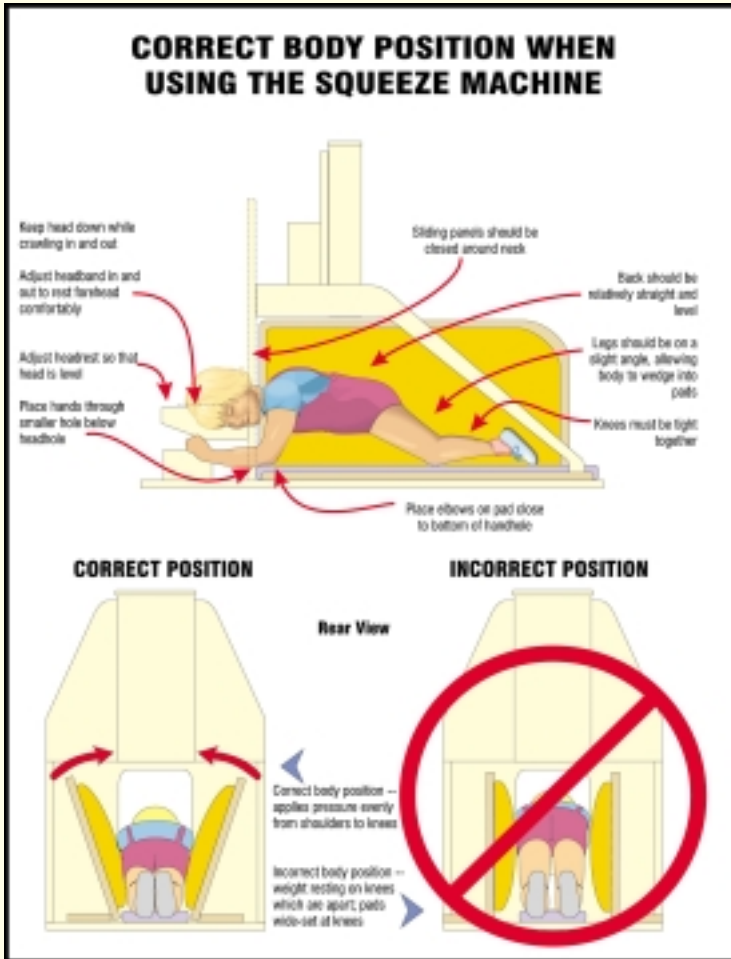
Gradually, my tolerance of being held by the Squeeze Machine grew. Knowing that I could initiate the pressure and stop it if the stimulation became too intense, helped me to reduce the oversensitivity of my "nervous system". A once overwhelming stimulus was now a pleasurable experience.

Using the machine enabled me to learn to tolerate being touched by another person. Gradually, I was able to relax in the machine without pulling away from it. It also made me feel less aggressive and less tense. Soon I noted a change in our cat's reaction to me. The cat,

who used to run away from me now would stay with me because I had learned to caress him with a gentler touch. I had to be comforted myself before I could give comfort to the cat.

As my "nervous system" calmed down, I required less squeeze pressure to produce a comforting feeling. Gradually, I could reduce the pressure regulator setting from 80 to 60 psi.

From my experiences, I learned that if pressure from the Squeeze Machine is applied at a steady pressure, habituation would occur and discomfort would begin within 10-15 minutes. Instead, if the pressure is increased and decreased slowly, the soothing effect could be maintained for up to 1 1/2 hours. Very slow movement of the Squeeze sides was most soothing. Sudden jerky movements caused me to jump and become aroused. On most occasions, a 5-15 minute period in the machine was sufficient to get a good response.



References

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