

**MID-VALLEY SPECIAL EDUCATION COOPERATIVE
OCCUPATIONAL AND PHYSICAL THERAPY SERVICES
THERAPEUTIC SWING PROTOCOL**

1. The swing is only to be used by students who require this intervention as a part of their school-based sensory program as directed by the OT.
2. Staff trained by either an Occupational or Physical Therapist are allowed to provide “therapeutic swinging” with a student as directed. The therapist will provide the principal a list of students and staff members who have been trained to use the swing. The list will be updated as necessary.
3. Swinging is contraindicated for students with a history of seizures.
4. The student is to be supervised by a trained staff member throughout therapeutic swinging.
5. Prior to swinging a student, exercise mats should be placed under the swing to the depth of 2 inches. A minimum of six feet of clearance on all sides of the swing is required for safety.
6. When using a free-standing swing frame, do not let the child swing past the red line barrier of the swing posts.
7. Swinging should last for no longer than 15 minutes at a time.
8. Proprioception and heavy work activities before, during, and after swinging activities are recommended for maximum student benefit. (The OT/PT will provide treatment suggestions).
9. Students are to be swung in a linear motion, (front to back). The therapist may advise you on variations of this motion depending upon the needs of the student.
10. The swing is to be removed from the swing hookup immediately after completion of swinging the student! Swing stand remains set up unless directed otherwise by therapist or building principal.
11. When in doubt, contact the OT/PT if he/she is available. If they are not, do not swing the student if you have any concerns/unanswered questions. OT/PT Contact information:

12. A sign will be posted on or near the sign with a reminder about appropriate students and trained staff. Student initials will be posted as will the names of staff who have been trained. In addition, this protocol will be posted on or near the swing.
13. Side effects from swinging may occur immediately or may occur anywhere from 6-8 hours after swinging. These side effects may include eye dilation, agitation, lethargy, flushing, increased heart rate, dizziness, and other possible effects. If any of these occur, stop the swinging program, report to the nurse and inform the OT as soon as possible.