

Spider Therapy

Spider therapy is physical therapy using a piece of equipment called the spider “cage”. It involves attaching several bungee cords from a belt on the child to different levels on the cage. With proper positioning, the child will be suspended and weight bearing will be determined as to where the bungee cords are attached.

This suspension and partial weight bearing allows the child to move independently, strengthen their body as well as learn a variety of movements.

Gravity has a huge effect on children with neuromuscular conditions. It makes it difficult for them to move, resulting in abnormal movement patterns and postures. While suspended in the spider cage, gravity is reduced and movement becomes easier.

The positions the child is placed in while in the cage is based upon the goals to be achieved. They can stand, weight shift, kick a ball, put one foot on bench, practice sit to stand and even jump. Lower level activities such as tall kneel, half kneel, hands and knees can also be accomplished in the cage.



Spider therapy can:

- Improve postural responses through stimulation of proprioceptors and spatial awareness
- Improve strength and stability
- Improve balance and coordination
- Improve vestibular system
- Be FUN!!!!

....and much more

The therapists at Pediatric Physical and Occupational Therapy of Hudson Valley, PLLC (PPOT) are all trained with using the spider cage. It is frequently used as part of a 3 week intensive program; however we use it every day, all day. It has become as common place to us as using a therapeutic ball.

Please feel free to visit the office and see the Spider Cage. Call for an appointment at 845-362-7787 or email info@pptskids.com.