Home treatment information sheet 1

Babies

Given out by (practice/practitioner): _______________________________

Recommended treatment: _______ x per day/per week for ___________.

Dear parents,

With these recommendations for treatment at home you will be supporting the therapy your child is receiving from me. Please proceed as described below.

You will need: A table-tennis ball.

Pressure: _______ grams.

1. First, put your baby down on his/her tummy. Roll the table-tennis ball along the spine from top to bottom, beginning each time from the (prominent) 7th vertebra and finishing over the sacrum.

Repeat: _____ x.
2. Then roll over the outside of the arm, beginning from the shoulder joint, down to the wrist, first on one arm, then the other. Your baby can stay on his/her tummy or lie on his/her back.

   Repeat: _____ x on each arm.

3. Leg treatment is done in the same way as for the arm: first down the front of one leg from the hip joint to the ankle, then the other leg.

   Repeat: _____ x on each leg.
4. Finally, roll clockwise around the navel.

Repeat: _____ x.
Home treatment information sheet 2

Loss of Appetite

Given out by (practice/practitioner): _______________________________

Recommended treatment: _______ x per day/per week for _____________.

Dear parents,

With these recommendations for treatment at home you will be supporting the therapy your child is receiving from me. Please proceed as described below.

You will need: A hedgehog ball.

1. Roll with light pressure clockwise around the navel.
   Repeat: _____ x.
   Pressure: _____ grams.
2. Then with moderate pressure roll over the area between the shoulder blades and the thoracic spine, down as far as the waist.

Repeat: _____ x on each side, beginning at the top every time.

Pressure: ____ grams.
Home treatment information sheet 3

Asthma/Bronchitis/Cough

Given out by (practice/practitioner): _______________________________

Recommended treatment: _______ x per day/per week for _____________.

Dear parents,

With these recommendations for treatment at home you will be supporting the therapy your child is receiving from me. Please proceed as described below.

You will need: A hedgehog ball.

1. Starting next to the 7th (prominent) vertebra, roll the hedgehog ball with moderate pressure towards the shoulder joint.
   
   Repeat: _____ x (first on one shoulder, then the other).
   
   Pressure: ____ grams.
2. Then roll with light pressure down the area alongside the thoracic spine, from the 7th vertebra down to the lower tip of the shoulder blade.

Repeat: _____ x.
Pressure: ____ grams.

3. Then roll with light pressure along the outside of the forearms, from the elbow to the wrist.

Repeat: _____ x.
Pressure: ____ grams.
4. Roll with the same pressure over the inside of both forearms, from the elbow to the wrist.
   Repeat: _____ x.

5. Continue the treatment with light pressure from the top of the breastbone towards the shoulder joint (below the collarbone).
   Repeat: _____ x on each side.
   Pressure: _____ grams.
6. Finally, roll with light pressure clockwise around the navel.  
Repeat: _____ x.  
Pressure: _____ grams.
Home treatment information sheet 4

Bedwetting

Given out by (practice/practitioner): _______________________________

Recommended treatment: _______ x per day/per week for _____________.

Dear parents,

With these recommendations for treatment at home you will be supporting the therapy your child is receiving from me. Please proceed as described below.

You will need: A hedgehog ball.

1. Your child is lying on his/her back. With moderate pressure roll the hedgehog ball clockwise above the pubic bone.

   Repeat: _____ x.

   Pressure: _____ grams.
2. Next, with your child lying on his/her tummy, roll with moderate pressure down the area alongside the lumbar spine, from the waist down to the sacrum.

   Repeat: _____ x.

   Pressure: ____ grams.

3. Then, with strong pressure, roll clockwise on the sacrum.

   Repeat: _____ x.

   Pressure: ____ grams.
Given out by (practice/practitioner): ________________________________

Recommended treatment: _______  x per day/per week for ______________.

Dear parents,

With these recommendations for treatment at home you will be supporting the therapy your child is receiving from me. Please proceed as described below

You will need: A hedgehog ball.

1. Your child is lying on his/her tummy. Beginning at the shoulder joint, roll the hedgehog ball with strong pressure above the top of the shoulder blade towards the spine, and between the spine and the shoulder blade down to the tip of the shoulder blade.

   Repeat: _____ x on each side.

   Pressure: ____ grams.
2.  Then, with your child lying on his/her back, roll the hedgehog ball with light pressure over the upper abdominal area, from the tip of the breastbone to the navel.

Repeat: _____ x.

Pressure: ____ grams.
Home treatment information sheet 6

Sleep Disturbance/Crying at Night

Given out by (practice/practitioner): _______________________________

Recommended treatment: _______ x per day/per week for _____________.

Dear parents,

With these recommendations for treatment at home you will be supporting the therapy your child is receiving from me. Please proceed as described below.

You will need: A hedgehog ball.

1. Your child is lying on his/her tummy. Beginning at the shoulder joint, roll the hedgehog ball with strong pressure above the top of the shoulder blade towards the spine, and between the spine and the shoulder blade down to the tip of the shoulder blade.

   Repeat: _____ x on each side.

   Pressure: ____ grams.
2. Then, with your child on his/her back, roll the hedgehog ball with light pressure clockwise over the chest, level with the nipples.

   Repeat: _____ x.

   Pressure: ____ grams.

3. Likewise, with the same pressure, roll over the upper abdomen from the tip of the breastbone to below the navel.

   Repeat: _____ x.
4. Finally, with the same pressure, roll clockwise around the navel.
   Repeat: _____ x.
Given out by (practice/practitioner): _______________________________

Recommended treatment: _______ x per day/per week for _____________.

Dear parents,

With these recommendations for treatment at home you will be supporting the therapy your child is receiving from me. Please proceed as described below.

You will need: A hedgehog ball.

1. Starting next to the 7th (prominent) vertebra, roll the hedgehog ball with moderate pressure towards the shoulder joint.

   Repeat: _____ x (first one shoulder, then the other).

   Pressure: ____ grams.
2. Then roll with light pressure alongside the thoracic spine, from the 7th vertebra down to the tip of the shoulder blade.
   Repeat: _____ x.
   Pressure: _____ grams.

3. Then roll with light pressure down the inside of the forearms, from the shoulder joint to the wrist.
   Repeat: _____ x.
   Pressure: _____ grams.
4. Roll with the same pressure down the inside of both arms, from the shoulder joint to the wrist.
   
   Repeat: _____ x.

5. Continue the treatment with light pressure from the top of the breastbone towards the shoulder joint (below the collarbone).

   Repeat: _____ x on each side.

   Pressure: ____ grams.
6. Finally, roll with light pressure clockwise around the navel.
   Repeat: _____ x.
   Pressure: _____ grams.
Home treatment information sheet 8

Neurodermatitis

Given out by (practice/practitioner): _______________________________

Recommended treatment: _______ x per day/per week for _____________.

Dear parents,

With these recommendations for treatment at home you will be supporting the therapy your child is receiving from me. Please proceed as described below.

You will need: A hedgehog ball.

1. Roll with light pressure clockwise around the navel.
   
   Repeat: _____ x.
   
   Pressure: ____ grams.
2. Then roll with moderate pressure over the area between the shoulder blades and the thoracic spine, down to waist level.

Repeat: _____ x.

Pressure: _____ grams.
Given out by (practice/practitioner): _______________________________

Recommended treatment: _______ x per day/per week for ______________.

Dear parents,

With these recommendations for treatment at home you will be supporting the therapy your child is receiving from me. Please proceed as described below.

You will need: A hedgehog ball.

1. Roll with light pressure around the navel (clockwise for constipation; anti-clockwise for diarrhoea).

   Repeat: _____ x.

   Pressure: ____ grams.
2. Your child is now lying on his/her tummy.

a. Constipation: Roll with strong pressure over the area immediately above the pelvic crest, from the outside towards the centre (i.e. the sacrum), first on one side, then the other.

   Repeat: _____ x (from the outside towards the centre each time).

   Pressure: ____ grams.

b. Diarrhoea: Roll with moderate pressure over the area immediately above the pelvic crest, from the centre towards the outside – first on one side, then the other.

   Repeat: _____ x (from the inside towards the outside each time).

   Pressure: ____ grams.
3. Finally, roll with moderate pressure clockwise over the sacrum.
   Repeat: _____ x.
   Pressure: _____ grams.