



METRONOME 'SQUEEZES'

Technique:

The two biggest things to remember when giving squeezes are:

1. **Make sure you are in sync with the metronome** – you don't have to squeeze every single beat. Every two or three beats is fine, especially for fast metronome speeds. If you're having trouble being in time with the metronome, try spending a few minutes just listening to the metronome before starting the squeezes.
2. **Make sure you are squeezing firmly enough** – the proprioceptors are four muscle layers deep. So, you have to make sure your squeezes are going deep enough!

Order of body parts:

Ideally, squeezes should be done in the following order. But if this doesn't work for the person your doing squeezes on, then that is fine too! Any squeezes are better than none.

"half way up..."

1. Feet
2. Calves
3. Thighs
4. Hips
5. Head

"...half way down"

6. Upper chest & back
7. Shoulders
8. Upper arms
9. Lower arms
10. Hands & fingers

When?

Anytime! A lot of families make a bedtime routine out of squeezes, which is great. But also consider giving a few seconds of squeezes throughout the day whenever they're needed.

Think of squeezes like eating food. We need a few meals throughout the day, but we also need snacks in between.