

## **Rezzimax® – Information Sheet**

### **Supporting Nervous System Regulation, Sensory Integration & Emotional Regulation**

At Children's Therapy Services, we use a range of evidence-informed, functional neurology approaches to support children's neurological, sensory, emotional, and developmental needs. Rezzimax® is one of these tools, providing a gentle, non-invasive way to support nervous system regulation and improve a child's ability to feel calm, organised, and ready to engage.

#### **What Is Rezzimax®?**

Rezzimax® is a handheld vibrational device that delivers controlled resonance frequencies to stimulate the nervous system, including key pathways such as the vagus nerve. This helps support the body's ability to regulate stress responses, promote relaxation, and improve communication between the brain and body.

It is used to:

- Support autonomic nervous system regulation
- Reduce stress and promote a calm state
- Enhance sensory processing and body awareness
- Support emotional regulation and behavioural control
- Reduce muscle tension and support relaxation

#### **Why We Use Rezzimax® in Our Clinic**

Children who experience challenges with regulation, sensory processing, or emotional control may have a nervous system that is frequently in a heightened 'fight or flight' state. Rezzimax® helps shift the nervous system toward a more balanced, regulated state, supporting children to feel safer, calmer, and more able to engage.

*Rezzimax® may be used to support:*

- Emotional regulation and reduced anxiety
- Improved attention and engagement
- Reduced sensory overwhelm
- Better behavioural regulation
- Preparation for therapy and learning activities

#### **Understanding How Rezzimax® Supports Therapy**

##### *Autonomic Nervous System Regulation*

- Supports balance between 'fight/flight' and 'rest/digest' states

- Promotes calming responses through vagal stimulation
- Helps the body feel safe and regulated

#### *Vagus Nerve Stimulation*

- Stimulates key pathways linking brain and body
- Supports emotional regulation and social engagement
- Enhances physiological stability

#### *Sensory-Motor Integration*

- Provides targeted sensory input to support body awareness
- Enhances coordination between sensory and motor systems
- Supports readiness for movement and learning tasks

#### **How Rezzimax® Is Used**

Rezzimax® is used during therapy sessions in short, targeted applications, often embedded within play, movement, or regulation activities.

A typical session may include:

- Initial assessment of regulation and sensory needs
- Application of the device to specific areas of the body
- Short periods of use (e.g., 3–5 minutes)
- Integration with play, movement, or calming strategies
- Monitoring the child's response and adjusting as needed

#### **What Are the Benefits?**

- ✓ Improved emotional regulation and reduced stress
- ✓ Increased calmness and ability to engage
- ✓ Better sensory processing and tolerance
- ✓ Enhanced attention and participation
- ✓ Support for overall nervous system balance

#### **Who May Benefit?**

Rezzimax® may support children who experience:

- Anxiety or heightened stress responses
- Sensory processing differences
- Emotional or behavioural regulation challenges

- Difficulties with attention and engagement
- Overwhelm in busy or stimulating environments

**Is Rezzimax® Safe?**

Yes. Rezzimax® is a non-invasive, gentle device and is safe when used under professional guidance. It is always used as part of a carefully monitored, individualised therapy program.

**Our Approach at Children's Therapy Services**

Rezzimax® is integrated into a whole-child, individualised therapy plan which may include functional neurology, occupational therapy, sensory integration, and emotional regulation strategies. All interventions are aligned with meaningful, functional outcomes for each child.

Contact us for a discount code

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