



# Whistling Tortoise SCHOOLS & LEARNING

The Whistling Tortoise in Stockbridge, Edinburgh stocks therapeutic putty of different strengths, Movin'Sit cushions and a good range of pen and pencil grips, hand exercisers, also self-opening and left handed scissors. Come in and try them out!

We supply schools and private customers all over the UK by mail/web order. Please call us on 0131 225 6365 or email [info@whistlingtortoise.co.uk](mailto:info@whistlingtortoise.co.uk) with any enquiries.

## Best Sellers

### Movin'Sit Cushion Junior

Cleverly designed to promote 'Active Sitting' these wedge shaped cushions have one textured side covered in small bumps with the other side being smooth. When used on a chair as the Movin'Sit cushion is uneven your stomach muscles are encouraged to work to help the back muscles, improving muscle tone and posture and relieving pressure on the lower back muscles from sitting for long periods of time. The cushion can be inflated or deflated to the required pressure. Movin'Sit cushions are made from latex-free PVC. A big favourite of OTs everywhere. 26cm x 26cm Adult size also available.



### Therapeutic Putty

This clever stuff is a bit like shiny playdough, it isn't greasy or sticky but is almost like a dry clay. Therapeutic putty can be used for strengthening the hand and wrist, as well as improving fine motor skills. The putty comes colour coded according to four levels of resistance. Occupational Therapists swear by it for children to promote fine motor skills as well as being a great aid in the rehabilitation of weakened grip and forearm muscles. Available in 450g or 25g tubs.



The Whistling Tortoise has been helping people find just the right thing to make their life easier for over a decade. We are a family run business and pride ourselves on giving personal, friendly advice and service. We believe in discussing the options available to individual customers - one size does NOT fit all in our business. Do give us a call to discuss what you're looking for.

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