

## Sense of touch (The tactile system)

Our sense of touch (tactile sense) comes from receptors in our skin all over our bodies and within our mouth.

There are two tactile pathways, a protective pathway and a discriminative pathway.

The protective system responds to light or unexpected touch and helps to alert us to potential danger. The discriminative pathway helps us to interpret what we are touching and where on our body we are in contact, for example, locating an item in your pocket.

Information is sent to the brain about the type of touch we are experiencing e.g. Light touch, texture, pain, which assists us to make an appropriate response. If the brain does not process the touch sensation accurately then we may be described as over responsive or under-responsive to touch sensation and this will affect our behaviour.