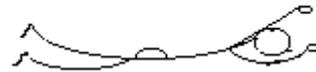


Postural control exercises

The aim of these activities is to improve postural control. This will help a child achieve a stable base of support that is needed to facilitate balance and hand function. The following activities are recommended to facilitate improvements in flexion/extension of the body against gravity and pelvic/shoulder control.

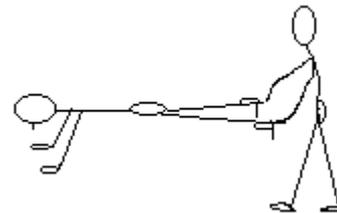
1. Aeroplane position

- Lifting upper body/arms and legs off the ground whilst lying on stomach, timed.
- Note legs must be straight and thighs slightly off the floor
- Arms need to be at '10' to '2' position with palms facing forwards.
- Chest is slightly off the floor but avoid the pelvic area tilting.
- If it is difficult for your child to sustain both arms and legs try doing each arm/leg separately.



2. Wheelbarrow walks:

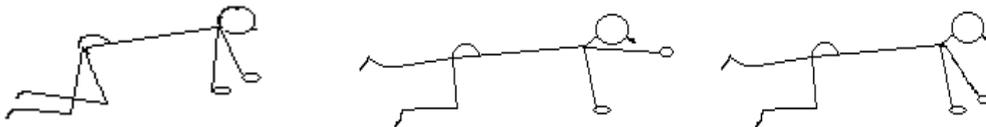
- Hold child at ankles, knees or hips depending upon control. If hips are swaying side to side, hold closer to body. Move further away as control improves.
- Games can be done in pairs/teams; collecting beanbags at end of a course to place in a bucket, weave in and out of cones in an obstacle course.



3. 4-point kneeling

Weight bearing through all limbs in a crawling position

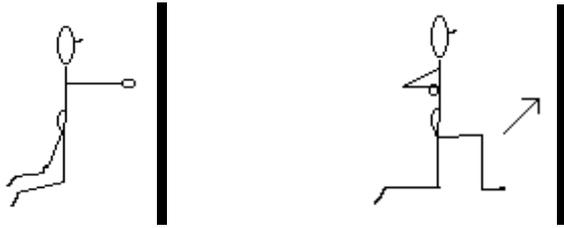
1. Encourage your child to lift the right arm up and hold this position for a count of five, work up to 10.
2. Repeat this with the other arm.
3. Move onto the legs lifting one leg and counting and then the other leg.
4. As your child's stability improves, encourage them to try and lift alternate leg and arm together.



- In this position your child could play a variety of ball, beanbag games, using one hand to throw, roll etc, while taking weight through both knees and one arm.
- Note: arm/leg must be straight out behind or in front.

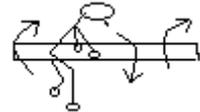
4. Upright kneeling

- On both knees (do not sit back on bottom) play ball games between partners or in a circle group. Like catch, throw into bucket/box in middle (ball or beanbag). Your child could also kneel at table to do some table-top activities.
- Statues game; with partner using straight arms, palm to palm, push each other to see who falls over first.
- Get up/down from floor via a ½ kneel without using hands or knees to push up.



5. Bench work:

- Encourage your child to pull them self along a bench on their stomach using arms only. At end of bench, place both hands on ground initially then using one hand, roll or throw object into box or at a target etc.
- Encourage your child to push them self along a bench on their back using the feet only by bending and straightening legs.
- Alternatively bunny hop over a bench, holding on with both hands.



6. Bridging:

- Lifting bottom up from floor while lying on their back with hands placed at sides or at 45° or above head.
- You can then roll a ball under their bridge and count how many times it goes back and forth or count how long the position can be held for.
- Crab walk around the room; kick a ball if you can (back is towards the ground).

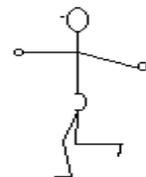


7. Lie on back and curl up like a ball:

- Your child needs to cross their arms over their chest, then bend the knees up to the chest (not using the arms to hold the knees up) and then lift the head and curl up. Encourage to hold this position as long as able and time it.

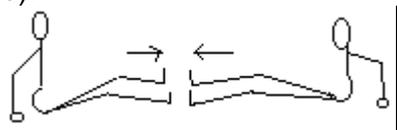
8. Standing on one leg:

- The leg is bent at the knee and foot held behind the body and not in front. Try hopping on or into hoop or like musical chairs when the music stops balance on one leg.



9. Pushing feet to feet:

- With a sibling or friend get them to place themselves feet to feet and push (also back to back link arms, sit to stand).



10. Jumping games:

- Jump, feet together, into hoops/islands of paper
- Jump forwards, sideways, and backwards; holding a ball in hands, in/out of hoops or on/off mats.