

OCCUPATIONAL THERAPY CORE STABILITY AND BALANCE

HELPFUL ACTIVITIES

FLYING POSE

- Lie on stomach
- Keep arms and legs straight
- Lift arms and legs up and hold
- Hold for as long as you can



CURL UPS

- Cross arms over
- Tuck chin and curl up
- Hold for as long as you can
- Slowly lower back down



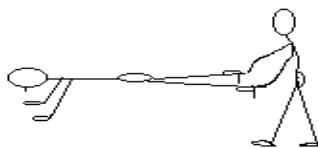
BRIDGING

- Lie on back
- Bend knees and place feet flat on the floor
- Lift bottom up then slowly lower
- Hold for as long as you can
- Repeat 10 times



WHEELBARROWS

- Hold child at ankles, knees or hips, depending on 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 bean bags at the end of a course to place in a bucket, weave in and out of cones in an obstacle course



FLYING POSE Ball Taps

- Lie on stomach
- Keep arms and legs straight
- Lift up arms and legs
- Bat a ball away with two hands together 10 times
- Make sure your arms stay up all the time



CRAB POSE

- Hold arms straight
- Lift bottom off floor
- Add a football to kick against a wall or a partner



SOME FURTHER ACTIVITIES.....

Paediatric Occupational Therapy

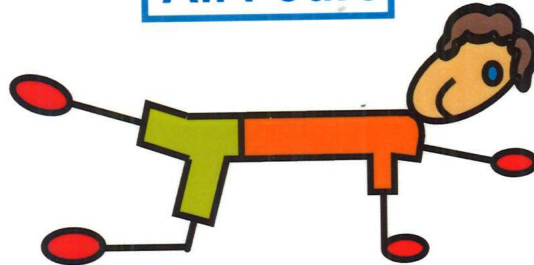
Swiss Cottage School

80 Avenue Road

London NW6 7YG

Tel: 0207 681 8080

All Fours

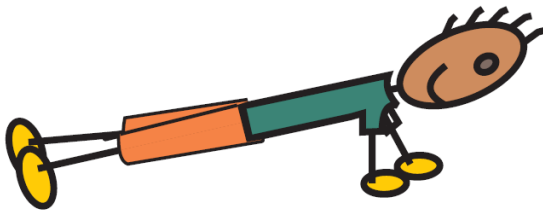


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- Lift up right arm and left leg
- Slowly lower
- Repeat on opposite sides

E: 4x
H: 8x

Push Ups



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- Place hands on floor, arms straight
- Push up keeping body straight
- Perform on knees if necessary

E: 5x
H: 10x

Wall Squats



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- Place feet about 12-24" from wall
- Lean back against wall
- Slowly bend knees and squat
- Hold position

E: 5 sec
H: 10 sec

Tuck and Rock



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- Bring knees to chest
- Wrap arms tightly around knees
- Rock back and forth on your back

E: 5x
H: 10x

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