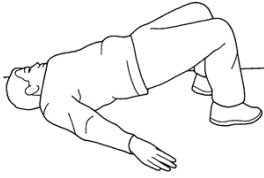




Core stability

Provide Paediatric Physio
Kestrel House, Hedgerows Business Park,
Chelmsford, Essex. CM2 5PF

Bridge



©Physiotoools

Lie on your back with your arms at your side and your knees bent. Feet should be flat on the floor.
Lift your bottom off the floor and hold this position for 10 -20 seconds. Relax.
Repeat 5 times.

*Ensure feet are flat during the bridge. *Move a train or ball under the bridge, or balance your favourite soft toy on your tummy.

Round as a Ball



©Physiotoools

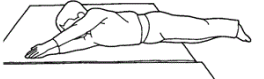
Lie on your back, knees bent, ankles crossed.
Tuck your chin in against your chest and lift your head, upper body and legs off the ground at the same time. Hold this position for 2-5 seconds. Gently lower your body and then your head. Pause for 5 seconds.
Repeat 2 - 5 times.

Roll Along a Mat Between Objects

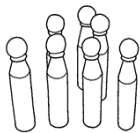


©Physiotoools

Roll while holding beanbags or two small objects with your arms at your side. Make sure you keep your head in the midline and your legs straight.
Can you roll between two rows of skittles without knocking them over?
You could try rolling on bubblewrap or on a blanket, to provide extra sensory feedback.



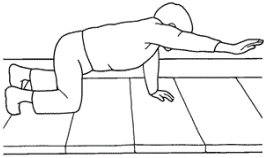
Roll Along a Mat



©Physiotoools

Roll along a mat with your arms stretched above your head. Make sure you keep your head in the midline and your legs straight.
How far can you roll?
You could roll towards some skittles to try and knock them over.

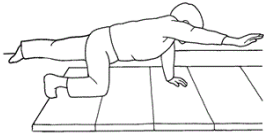
Balancing/Crawling



Start on hands and knees, weight evenly distributed.
Hands should be flat on the floor and head in the midline.
Raise an arm to the same height as your shoulder. Lower and repeat with other arm.
Repeat 10 times each arm.

©Physiotools

Balancing



Start on hands and knees, weight evenly distributed.
Hands should be flat on the floor and head in the midline.
Raise an arm to the same height as your shoulder.
Raise the opposite leg to hip level.
Aim to hold this for a count of 10 seconds. Relax for 5 seconds.
Repeat 5 times.
Repeat to the other side.

©Physiotools

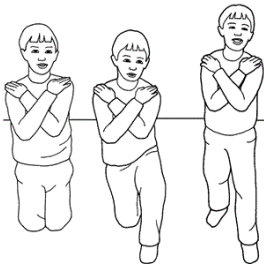
Beanbag Throw



Start on hands and knees with weight evenly distributed.
Shoulders and hips should be level, your hands should be flat and your head in the midline. Then lift your left leg to hip high.
Using your right hand, throw 10 beanbags into a target positioned to the left.
Repeat to the other side. See how many bean bags/toys you can get in the box.

©Physiotools

High Kneeling to Standing



Start in a high kneeling position. Slowly bring one leg forward to half kneeling. Slowly rise to standing then move back to half kneeling.
Alternate the leading leg. Repeat 5 times
Progress to crossing your arms over your chest then placing your hands on your head.
When you are really good at this, repeat all of the above with your eyes closed.

©Physiotools

Standing on One Leg



Stand on one leg aiming for 5-10s seconds.
Can you cross your arms while standing on one leg?
Can you touch your right knee with your hand while standing on your left leg?
Repeat with your other leg.
Do this every day after you brush your teeth!

©Physiotools



Balance Throw

Standing on one leg, making sure that your hips stay level.
Throw and catch a tennis ball with your partner while in this position.
Gradually increase the distance between the two of you and the speed of the throw.

You can do this on your own against a wall with a soft ball too.