



SHOULDER GIRDLE STRENGTH

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Shoulder stability is very important for the development of fine motor skills such as writing. The shoulder should provide a stable and strong base to allow effective use of the hands. A child who has reduced shoulder girdle strength may have difficulties with fastenings, holding their arms up against gravity, handwriting etc. There are different activities you can do to improve this.

4 Point Kneeling

- Weight bearing through all limbs in a crawling position. Lift right arm straight out and hold this position (4-6 yr olds = hold for 10 seconds, 7+ yr olds = hold for 20-30 seconds).
- Do the same with the other arm.
- Repeat this with lifting one leg and counting and then the other leg. When strong enough, encourage to lift alternate leg and arm together .
- Play games in this position eg reaching out to place or throw bean bags into a bucket, jigsaws, reading, rolling ball to a target etc.



Wall Exercises

- Stand facing wall at arm's length. Hold a large ball at the fingertips and roll the ball up the wall as high as possible and back down again. Maintain control throughout. Repeat 10 times.
- Wall press-ups: Place hands flat on a wall below shoulder level. Lean into the wall and slowly push away.





Other Activities

- Watching TV or reading a book while lying on tummy and propping on forearms.
- Drawing and painting at an easel or with paper positioned on wall at head height.
- Balloon volleyball.
- Putting shaving foam on a large mirror and encourage your child to rub it in up and down and draw patterns in it.
- Twister.
- Helping to hang out the washing or washing the windows and car.
- Swimming.
- Cycling.
- Bat and ball games and bouncing a ball on the floor.
- Soft play.
- Playground equipment.

