

Personal exercise program

Balance and stability Games

Bromley Healthcare CIC Ltd
 Childrens Physio BHC
 United Kingdom

Provided by Carolyn Kelly
 Provided for

Try at least 5 activity ideas each day - make in to a game and let your child choose. (less at first if necessary)
 Give extra support and guidance at first if needed and gradually reduce when possible.
 try to keep postures strong and stable.
 Gradually build up number of repetitions as it gets easier and make a record.

Strengthening

Bridge



©Physiotoools

Lie on your back with knees bent.

Slowly lift your bottom up off the floor to make a bridge. Hold this position keeping as still as you can for 5 seconds and then slowly lower back down with control.(can pass a ball/ car under the bridge)

Repeat 10 times.

Round as a Ball



©Physiotoools

Lie on your back, knees bent, feet flat on the floor. Tuck your chin in against your chest.

Lift your head and upper body off the ground at the same time. Hold this position for 10 seconds. Gently lower your body and then your head. Pause for 5 seconds.

Repeat 10 times.



©Physiotoools

4 point kneeling

Start on hands and knees as shown. Flat back head looking down. No arching of neck or back. Try not to wobble or twist.

Lift out one arm to the same height as your shoulder. Hold this position for 5 secs. Return arm to floor. Repeat on other side.

Repeat 10 times.



©Physiotoools

Start on hands and knees. Start on hands and knees as shown. Flat back head looking down. No arching of neck or back. Try not to wobble or twist.

Stretch one leg behind you. Hold your straight leg so your foot is the same height as your bottom. Hold this position

for 5 secs. Return you knee slowly to floor.

Repeat 10 times



©Physiotoools

Balancing

Standing on One Leg

Stand on one leg aiming for 10 seconds. Stay still with no leaning.
 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.
 Try to increase how long you can balance.



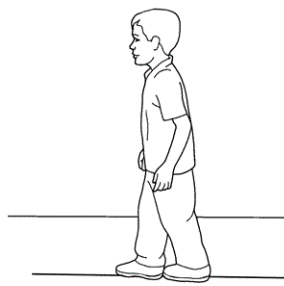
©Physiotools

Standing on One Leg

Stand on one leg with the other foot resting on a medium sized ball. Adult to support the foot and ball at first, then reduce support to holding the ball only, Aim to hold this position for 10 seconds. Start with allowing hand support at first, then don't stand near support.

Stay stable with the pelvis level and no wobbles -try both sides.

Also try to kick the ball at a target that is easy to knock down- hand support can be used at first.



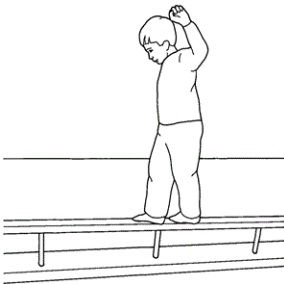
©Physiotools

Line Walking

Walk forwards along the line, using your arms as necessary for balance. Initially you may need to hold someone's hand to help you balance.

Once you have mastered walking forwards, try other ways:

For example, heel-to-toe, walking sideways, walking backwards or walking on tip-toes.

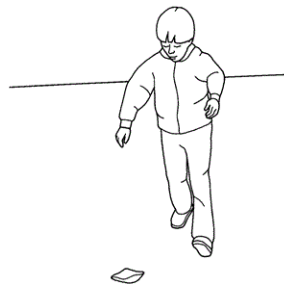


©Physiotools

Balance Beam

Start with a very low wide bench/ plank and gradually decrease the width.

Walk forwards, with adult encouragement and hand held support initially, gradually reducing adult support.

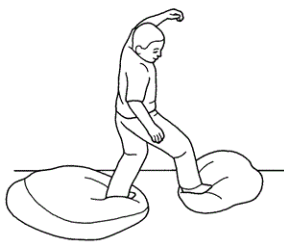


©Physiotools

Kicking

Practise kicking a beanbag. A beanbag is easier to work with as it does not go as far as a ball.

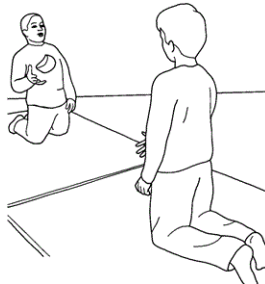
Progress to kicking a large soft ball.



©Physiotools

Stepping on Pillows

Place some pillows close together. Step from one pillow to another, with adult encouragement and support at first, gradually reducing the hand support given. Gradually increase the distance between the pillows.



©Physiotools

Stability

Catching in high kneeling

In a high kneeling position, throw and catch a beanbag or ball or your a soft toy if easier with a partner. Try not to fall over and make sure to keep your hips level. Gradually increase the distance between you.- could start by rolling a large ball.

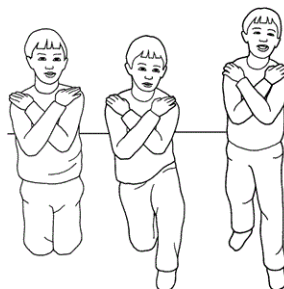


©Physiotools

Play Catch in half kneeling

In a half kneeling position, with one leg forward and your hips level.

Play with beanbags or balls, being careful not to fall over. Roll, throw, catch or bounce a ball with your partner. Repeat to the other side.

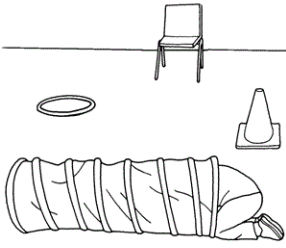


©Physiotools

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. Progress to crossing your arms over your chest then placing your hands on your head.

Obstacle Course

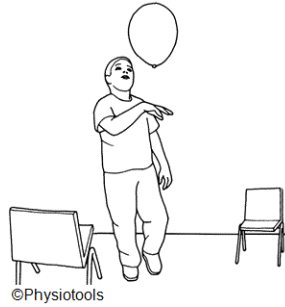


©Physiotools

Go through an obstacle course that incorporates different movements e.g. rolling, creeping, crawling, kneeling, hopping, jumping etc.

Use boxes, barrels, chairs, tables, ropes, blankets, ladders, tyre tubes, tunnels etc.

practice stepping on and off and over obstacles for one leg balance



©Physiotools

Figure of Eight

Walk around two chairs or books in a figure of eight pattern while hitting a balloon up in the air at the same time.

Repeat 3 times in one

direction and 3 times in the other.



©Physiotools

Practice jumping games to songs or counting. See how high the feet can lift off.

This can be done on the ground or on a small trampoline with a bar to hold on.