

PHYSIOTHERAPY ACTIVITY SUGGESTIONS

FOR

(Developing balance after walking)

The following pages contain suggestions of activities to enhance your child's gross motor development.

If there are any queries please contact the physiotherapist on

0300 330 5777

Name:

Date:

Most activities can be incorporated in to action songs to make them fun in a group, changing direction, getting up and down from the floor and jumping on the spot.



Walking on slopes

Therapist's aim

To improve the ability to walk in different environments.

Therapist's instructions

Start in standing with a slope in front.

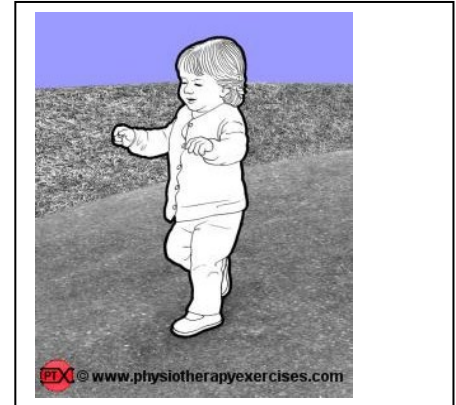
Walk up and down the slope.

Progressions and variations

Less advanced: 1. Provide hand support for balance.

More advanced:

1. Practice walking over obstacles. 2. Add a concurrent task.



Walking while carrying a large object

Therapist's aim

To improve balance when walking.

Therapist's instructions

Start in standing while holding onto a large object.

Walk forwards while carrying the object, trying not to drop it.

Progressions and variations

Less advanced: 1. Walk without holding onto an object.

2. Decrease the size and weight of the object.

More advanced: 1. Increase the size and weight of the object.

2. Change directions when walking, set an obstacle course.

Walking up stairs using a hand rail

Therapist's aim

To improve the ability to walk up stairs with a hand rail.

Therapist's instructions

Start at the bottom of a flight of stairs. Instruct and encourage to walk up the stairs while holding onto the hand rail, taking time to look and place foot carefully.

Progressions and variations

Less advanced: 1. Decrease the height of the stairs.

2. Walk up placing both feet on each step.

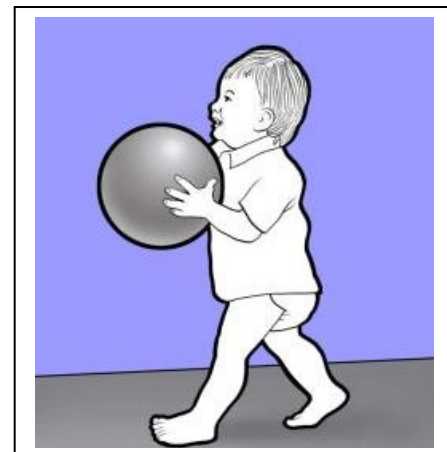
3. Provide a little support.

More advanced: 1. Increase the height of the stairs. 2. Increase the number of stairs.

3. less adult support.

Precautions

Provide adult supervision.



Reaching up while standing

Therapist's aim

To improve balance in standing and strengthen ankle and feet muscles.

Therapist's instructions

Start in standing. Instruct and encourage reaching up for an object placed above their head.

Progressions and variations

Less advanced: 1. Look up at the object without reaching
2. Decrease the height of the object.

3. Lean on support

More advanced: 1. Increase the height of the object.

2. Reach in different directions, put object in to box/bowel.

3. Encourage coming up on to toes to reach up.



Stomping

Therapist's aim

To improve the ability to stand on one leg.

Therapist's instructions

Start in standing. Blow bubbles onto the ground in front
Or use bubble wrap on the ground.

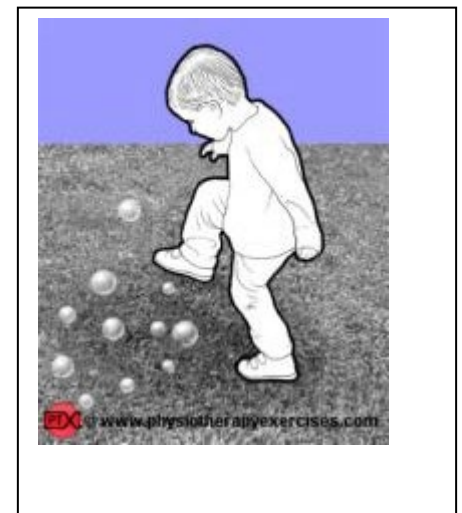
Encourage stomping on the bubbles using alternate
Leg.

Progressions and variations

Less advanced: 1. Provide hand support for balance.

Precautions

Detergent from the bubbles may cause the floor surface
to become slippery .



Reaching while squatting

Therapist's aim

To improve the ability to squat/ balance in standing.

Therapist's instructions

Start in squatting position with toys on the floor in front. Encourage reaching for and playing with toys while maintaining the squatting position.

Progressions and variations

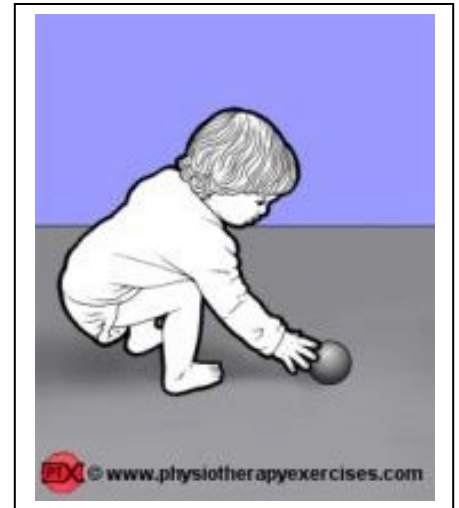
Less advanced: 1. Position the toys closer

2. Provide trunk support.

More advanced: 1. Position the toys further away.

2. Position the toys to the left and right side of the child.

3. Squat on different surface



Moving between squatting and standing

Therapist's aim

To improve the ability to stand up from the floor.

Therapist's instructions

Start in standing. Encourage reaching for a toy, squat down and place it on the floor. Repeat the task.

Progressions and variations

Less advanced: 1. Place the toy on a box.

2. Decrease the height to reach up.



Walking on a balance beam with assistance

Therapist's aim

To improve the ability to walk with feet closer together.

Therapist's instructions

Start in standing at one end of the beam.

Encourage walking along the beam.

Provide help as needed.

Progressions and variations

Less advanced: 1. Start with a very wide beam.

More advanced: 1. Walk on the beam without help.

2. Walk on a narrower beam.

Precautions

1. Provide adult supervision.



Stepping up onto a block

Therapist's aim

To improve your ability to walk up stairs and to strengthen the muscles that straighten your hip and knee.

Therapist's instructions

Start in standing with a step in front.

Encourage stepping up onto the step.

Progressions and variations

Less advanced: 1. Decrease the height of the step.

2. Provide hand support for balance.

More advanced: 1. Increase the height of the step.

This can also be done stepping down but may need

More adult support.

Sing a song to help such as "Duke of York"



Stepping over an obstacle

Therapist's aim

To improve the ability to step over objects while walking and balance.

Therapist's instructions

Start in standing with an obstacle in front.

Practice stepping over the obstacle without touching it.

Progressions and variations

Less advanced: 1. Decrease the height of the obstacle.

2. Provide hand support for balance.

More advanced: 1. Increase the height of the obstacle. 2. Increase the number of obstacles.

Precautions 1. Provide adult supervision.



Jumping on the spot

Therapist's aim

To improve the ability to jump.

Therapist's instructions

Start in standing with feet shoulder width apart.

Encourage jumping up and down on the spot.

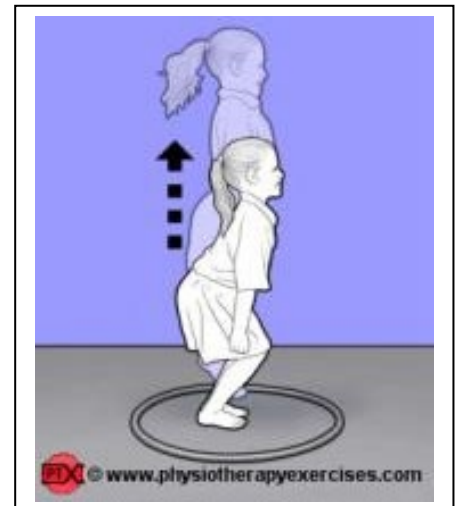
Ensure that both feet leave and land on the floor at the same time and the knees bend during landing.

This can be done with a song that involves jumping up and down.

Progressions and variations

Less advanced: 1. Provide hand support for balance.

More advanced: 1. Jump on a target.



Riding a push-along bike

Therapist's aim

To improve the ability to ride a push-along bike and

Use both legs to push on.

Therapist's instructions

Position sitting on a push-along bike.

Encourage to propel forward with their feet.

Progressions and variations

Less advanced: 1. Practice on a gentle downwards slope.

More advanced: 1. Negotiate obstacles.

