

Postural Control Program

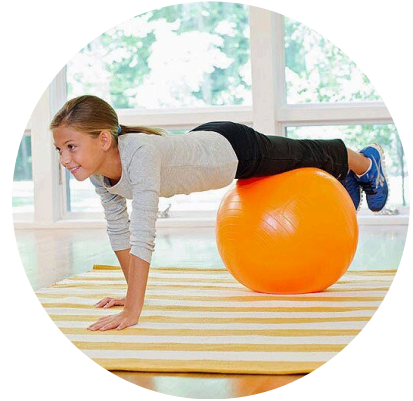
Aim: to improve upper body stability, postural control, and handwriting skills.

Try to complete 2-3 activities for 10-15 minutes a day. Although some of the postural exercises may be difficult to incorporate into the daily routine, your child could be encouraged to do some of the exercises whilst watching TV. Alternatively, if asking to run an errand, this could be done whilst crab/ animal/ wheelbarrow walking. Whilst completing homework or reading, your child could be encouraged to lie over the gym ball on their tummy and prop up with their arms, or just lay on their tummy on the ground.

Swiss Ball Activities (homework warm-ups)

Walk outs:

Start kneeling behind the ball, gradually lean forwards over the ball supporting the upper body weight on the arms. Walk forwards on the hands (the further forward the greater the difficulty) ensuring the lower half of the body remains supported by the ball. Once in position, maintain the position for 10-30 seconds for 10-20 repetitions. Play games in this position.



Roll ups:

Starting position as for 'walk outs', as the ball reaches the knees, flex the knees and pelvis (keeping the back straight) so that the bottom is in the air. Hold for 10-20 seconds before returning to the start position, repeat 10-20 times.

Therapy ball activities:

- Bouncing on a therapy ball with feet firmly planted on the floor while watching TV.
- Rolling a therapy ball over back and tummy while lying on the floor.
- Pushing a therapy ball up with arms while lying on back.
- Kicking a therapy ball with legs while lying on back.



Morning activities



Wheelbarrow walks:

Starting kneeling on hands and knees, give support to lift your child's legs at the hips, thighs or ankles so that a forward motion can be achieved by walking on the hands. Ensure palms remain flat and the body remains straight. Increase the challenge of this activity by placing obstacles to travel over e.g. a pile of cushions or a duvet.

Trampoline:

- Using a trampoline, pile of cushions, or the bed, jump and crash!
- Jump up and down, using a sequence i.e. 1 star jump, 3 scissor jumps and 1 tuck. Up to 4 sequences.
- Jump, pushing a ball away
- Jump and throw at targets
- Run, jump (both feet hit the trampoline at the same time) throw at target, and land on floor.
- Run, jump, and turn 180°, throw, and land on floor. Increase difficulty by catching a bean bag while running towards the trampoline.



Half-kneeling:

Play ball catching/ throwing while in a half-kneel position - alternate legs.

Cobra:

Lay at the top of the stairs (carpeted) and place your hands on the first step down – do not lock your elbows. Do one mini-push up and then 'walk' on your hands down to the next step. Repeat all the way down the stairs.

