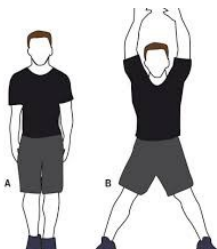


GROSS MOTOR BALANCE ACTIVITIES

GENERAL INSTRUCTIONS:

- SAFETY is the top priority. These exercises require supervision and guidance of a parent (please demonstrate as needed). Stop doing the exercises if you experience any adverse effects such as pain, shortness of breath, dizziness/lightheadedness, excessive fatigue, etc. If any exercise is causing increased pain or an aggravation of any symptoms, stop doing that exercise as part of the program and contact therapist. There are several exercises that may challenge balance. Please take the necessary precautions to ensure safety, such as holding onto a counter-top and having a helper provide physical assistance (hand-hold assistance or manual support for the trunk). Also, have a chair positioned so that it can be used to sit down on if needed.
- Not all exercises may be appropriate for your child. Please keep their safety in mind and provide them the assistance they need. Please contact therapist on how to modify an exercise so that it is safe and appropriate for your child.
- Follow the directions for each specific exercise
- Do exercises 3-5 times per week
- In addition to these exercises, also take the time to do some walking/jogging/running each day. Doing this right before you do the exercises is a great time.
- Please do not feel that all exercises need to be done in one session. Choose the exercises that are most appropriate/relevant for your child. You may choose to do some in the morning and some in the evening.
- Please contact therapist with any questions, including how to modify an exercise appropriately for the safety of your child.

1. JUMPING JACKS



- Starting position: hands at sides, feet together
- Jump with feet apart, raising arms overhead at the same time
- Do 1-2 sets of 10 repetitions
- Modification: make it easier by simply stepping to the side instead of jumping while raising arms overhead. OR: Do arms and legs separately

2. MARCHING



- Do 1 leg at a time, alternating legs each repetition
- Raise knee towards ceiling, in comfortable and well-balanced range
- Do standing with hands on counter or wall for balance, with assistance of helper as needed
- Do 1-2 sets of 20 repetitions (10 on each leg)

3. BALANCE WITH FEET TOGETHER



- Stand with feet together. This challenges your balance by narrowing your base of support. You can vary the difficulty by varying the space between your feet.
- See if you can go for 30 seconds
- Do 3-5 times
- Use counter-top for balance and assistance of helper as needed
- If you need an extra challenge, try with your eyes closed OR while standing on a pillow or cushion

BALANCE WITH ONE FOOT IN FRONT OF THE OTHER



- Stand with one foot in front of the other. This challenges your balance by narrowing your base of support. You can vary the difficulty by varying the space between your feet.
- See if you can go for 30 seconds
- Do 3-5 times, then switch feet so the other foot is in front and do 3-5 more
- Use counter-top for balance and assistance of helper as needed
- If you need an extra challenge, try with your eyes closed OR while standing on a pillow or cushion

6. BALANCE ON ONE LEG



- Stand on one foot.
- See if you can go for 30 seconds
- Do 3-5 times on each leg. Which one is harder?
- Use counter-top for balance and assistance of helper as needed
- If you need an extra challenge, try with your eyes closed OR while standing on a pillow or cushion

7. WALK ALONG LINE OR BALANCE BEAM



- Find a line on the ground, create a line using tape, or find an object you could use as a balance beam.
- Walk forward along the beam or line doing your best to not step off. How many steps in a row can you do?
- Do 5-10 times
- Use counter-top for balance and assistance of helper as needed
- If you need an extra challenge, try going sideways, walking forward heel-to-toe, or walking backwards

8. BALANCE ON ONE LEG, REACH WITH THE OTHER LEG



- Start by creating a pattern on the floor as seen in the images. You can use painter's tape or you can use small objects/markers for targets to reach and touch.
- Standing on one foot in the center of the pattern, reach and touch the various targets positioned away from the center (see images).
- You can vary the difficulty by the location of the targets. Targets further from the center, or which require crossing the legs will be more difficult.
- Do 2-3 times on each leg
- Use counter-top for balance and assistance of helper as needed

