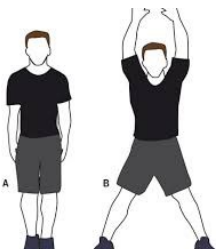


GROSS MOTOR LEG EXERCISES

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 select appropriate exercises, keep their safety in mind and provide them the assistance they need. Please contact therapist for modifying an exercise so that it is safe/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



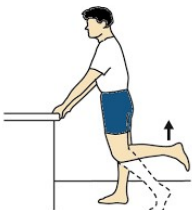
- Starting position: hands at sides, feet together
- Jump with feet apart, raising arms overhead at the same time
- Do 1-2 sets of 10 repetitions
- Modification: make it easier by simply stepping to the side instead of jumping while raising arms overhead. OR: Do arms and legs separately

2. MARCHING



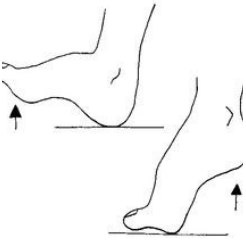
- Do 1 leg at a time, alternating legs each repetition
- Raise knee towards ceiling, in comfortable and well-balanced range
- Do standing with hands on counter or wall for balance, with assistance of helper as needed
- Do 1-2 sets of 20 repetitions (10 on each leg)

3. HAMSTRING CURLS



- Standing with hands on counter-top for balance, bend knee by raising heel towards the ceiling
- Do 1 leg at a time
- Do 1-2 sets of 10 repetitions
- Use counter-top for balance and assistance of helper as needed

4. HEEL RAISES/TOE RAISES



- Can do seated or standing with hands on counter-top for balance, using assistance of helper as needed.
- Do both legs at the same time
- HEEL RAISES: Raise up on tip-toes, lifting heels off the floor
- TOE RAISES: Lift toes up off the floor, while keeping heels down on the floor
- Do 1-2 sets of 10 repetitions for each exercise

6. MINI-SQUATS



- Done with both legs at the same time
- Perform squats in a comfortable range
- Do 1-2 sets of 10 repetitions
- Use counter-top for balance and assistance of helper as needed

7. SEATED KNEE EXTENSION



- Do one leg at a time
- Starting with foot on floor, straighten knee
- Do 1-2 sets of 10 repetitions

8. KNEE SQUEEZES (SEATED ISOMETRIC HIP ADDUCTION)



- Can do seated or lying on back with knees bent and feet on floor
- Place a ball (ie playground ball), folded pillow, or rolled up towel between knees
- Squeeze knees together and hold (squeeze should be comfortable, don't squeeze too hard)
- Do 1-2 sets of 10 repetitions, holding each repetition for 3-5 seconds

9. STANDING HIP ABDUCTION



- Use counter-top for balance and assistance of helper as needed (not chair as in picture)
- Beginning with both feet on floor, lift one leg straight out to side, away from body (keep toe pointed forward)
- Do 1 leg at a time
- Do 1-2 sets of 10 repetitions