

Vancouver Regional Pediatric Team

Strengthening Exercises for Postural Muscles

Name:

Provided by:

Postural strength/stability is foundational for the development and refinement of Gross Motor and Fine Motor Skills. This set of exercises aims at building up postural strength in 4 areas: **Abdominal muscles, Back extension, Shoulder and Hip exercises.** Best results come from a daily commitment to the exercises. Therefore the program was kept small to not increase the demands of family life.



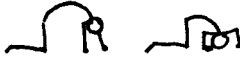






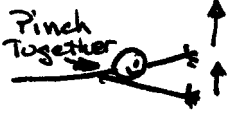


A suggested pattern would be to increase the number of daily repetitions until a maximum of 20 is achieved for each level.

Example: For Level 1

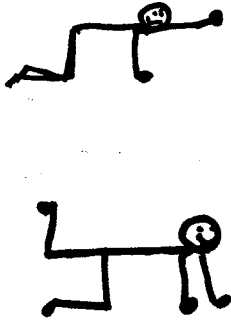

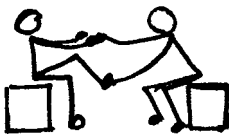


Week 1	Do each of the exercises	5 x day
Week 2		10 x day
Week 3		15 x day
Week 4		20 x day

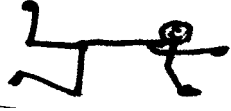


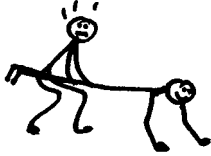

Once 20 repetitions are achieved, move to Level 2 and start again.

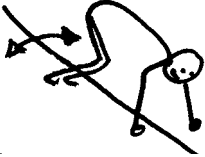
Many of the prescribed exercises can be shared with your child's school in order to incorporate the exercises into all facets of your child's life. This would increase the number of opportunities to practice and to gain the desired strength.

Abdominal Exercises	Back Exercises	Shoulder Exercises	Hip Exercises
<p>Level 1</p>  <p>Place large pillow behind back and do a sit-up. Come back down to the pillow before doing next sit-up.</p>	 <p>Place pillow under chest, lift head and arms straight out in front. Hold position for a count of 10. Try rolling a ball back and forth.</p>	 <p>Arch back like a cat, then hold the arched position and lower nose to the floor then push back up.</p>	 <p>Lift hips up to make a bridge. Hips need to be completely straight. Pass toys underneath to encourage the position. Hold for a count of 10.</p>
<p>Level 2</p>  <p>Use a smaller pillow as described above.</p>	 <p>Superman! Hold arms straight out front, keeping knees straight. Legs can lift up off the ground also. Hold for 10 seconds.</p>	 <p>On hands and knees, 1 arm reaches for objects, placing them into a container on the floor. Do to both sides. Try puzzles.</p>	 <p>1 leg bridging -- Try lifting 1 leg up then going up into a bridge or bridge with 2 legs then lift up 1 leg. Hold for a count of 10.</p>
<p>Level 3</p>  <p>Flat on floor with knees bent. Do sit-ups as described above.</p>	 <p>Pinch Together</p> <p>On stomach with arms held at "10 and 2 o'clock", Thumbs pointing up to the ceiling. Lift arms and hold for a count of 10.</p>	 <p>Sit on R hip with</p>	 <p>½ kneeling. Play toss and catch. Do to both sides.</p>

		legs bent to L side, leaning on R hand. Reach with L hand to the R for an object held up high (puzzle pieces). Do to both sides.	
--	--	--	--

Abdominal Exercises	Back Exercises	Shoulder Exercises	Hip Exercises
<p>Level 4</p> <p>Continue building the number of repetitions</p>	 <p>Single arm/leg lifts in crawl position. Hold for a count of 10.</p>	 <p>Crab walking -- You may need to help with either: the pattern of crab walking or with lifting the bottom up off the floor. If this is a difficult exercise, count the number of steps otherwise count the number of hallways done.</p>	   <p>Sit to stand on 1 foot. Hold hands and 1 leg. Encourage child to lean forward and to stand up. Do to both sides. One may have to start with only a few exercises a side and build up.</p>

Abdominal Exercises	Back Exercises	Shoulder Exercises	Hip Exercises
Level 5	 <p>Opposite arm and leg lifts done at the same time. Hold for a count of 10.</p>	   <p>Wheelbarrow -- Try rolling off a large ball with support or with a person holding the child's legs. Count the number of steps.</p>	 <p>Step down off the bottom step and only touch the floor, return back to the bottom step. Do to both sides.</p>

Abdominal Exercises	Back Exercises	Shoulder Exercises	Hip Exercises
Level 6		 <p>Bunny Hops Which are side to side hops over a line or skipping rope on the floor.</p>	