

Physical Therapy Activities

- Tall Kneeling- promotes core strengthening and proximal stability of hips
 - Place child on floor on both knees.
 - Bottom up off the heels of feet
 - As long as child will tolerate it on each side. To start with about 10 seconds each side then progress as child gets stronger and use to the activity
 - Any toy or activity can be done while performing tall kneeling such as placing a toy or book in a chair or on a couch.
 - Perfect time to incorporate OT activities or ST activities
- Half Kneeling- promotes core strengthening and proximal stability and core balance
 - Higher skill than tall kneeling
 - Place child on floor on both knees, then bring left knee up placing left foot flat on the floor
 - Then switch sides, bringing right knee up placing right foot flat on the floor while weight bearing on left knee on the floor.
 - As long as child will tolerate it on each side. To start with about 10 seconds each side then progress as child gets stronger and use to the activity
 - Any toy or activity can be done while performing tall kneeling such as placing a toy or book in a chair or on a couch.
 - Perfect time to incorporate OT activities or ST activities
- Proprioceptive input-builds tone, body awareness, stretching and strengthening
 - Animal walks
 - Bear crawl-bend over placing hands on floor. Have child walk forward in this position
 - Frog leaps- jumping forward as far as the child can
 - Crab walk
 - Kangaroo Jumps
 - Jumping on a trampoline or any kind of jumping
 - Walking forward in tall kneeling position
 - Laying on belly on an small elevated surface placing hands on floor while playing with a toy-works on gravitational insecurities
- Balance
 - Standing on one foot while performing any activity
 - Standing with one foot in front of the other with heel to toe while performing any activity
 - Walking on couch cushions
 - Walking on elevated surfaces
 - Walking on any unlevel surface
 - Walking backwards
 - Start with holding child hands
 - Rolling a ball while walking backwards
 - Independently
- Stairs

- stepping up and down from various height steps with and without holding on
- Get outdoors
 - Run
 - Ride bikes