



PHYSIOTHERAPY EXERCISE ADVICE

NAME:
NHS No:

Dob:
Date:

<p>Shoulder stability Swings, see-saws Monkey bars, climbing frames, swimming Big arm movements e.g. painting on lining paper on a wall, blackboard Tricycle, scooter Pushing objects e.g. brick trolley, doll pushchair Pulling games e.g. tug-o-war Throwing and catching balls, especially throwing over a net or into a high target Animal walks e.g. bear walk on hands and feet, crab walk with tummy facing ceiling, rabbit walk with weight on hands and kick feet</p>	<p>Hip stability Play in kneeling or half-kneeling Trampoline Swimming Kicking a ball Tricycle, scooter, push along cars Stairs Walk up slopes Floor play e.g. use body to make bridges e.g. hands and knees, feet and hands, one foot and one hand</p>
<p>Tummy strength Curl up into a parcel – do not let anyone untie the parcel Sit-ups Stories when children act out the parts e.g. curl up as a hedgehog</p>	<p>Back extensor strength Aeroplanes on tummy i.e. arms to side Rocket on tummy i.e. arms in front Play on tummy Reach for things on tummy</p>
<p>Body awareness Actions rhymes and songs – name body parts Play games that incorporate body shape e.g. long and thin, round, wide Musical bumps but using different body parts Copy me games Simon says</p>	<p>Balance Activities in kneeling and half kneeling Standing with one foot on a box to play games Balance with one foot on a ball Balance standing on one leg Stand still on tiptoes Trampoline Scooter Walk on uneven ground eg sand, pebbles Walk on stepping stones Walk along a narrow base e.g. beam, line</p>

Try and do something from this list 5 days a week for at least 10 minutes – or more! All activities need to be done with adult supervision.

Physiotherapist: