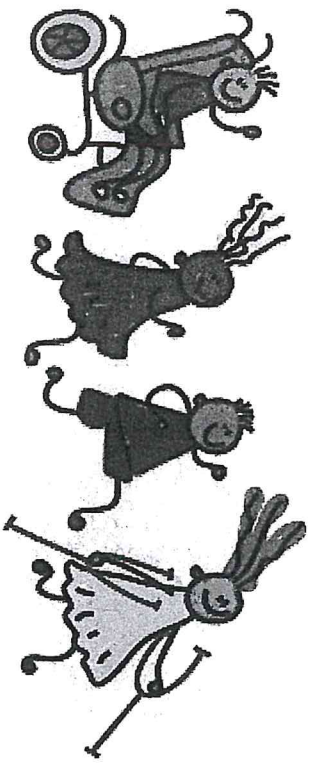


For more information please contact your Physiotherapist:

01392 468558

There is a lot of good information on the internet but equally there is also, unfortunately a lot of incorrect information. If you are unsure of anything please ask!

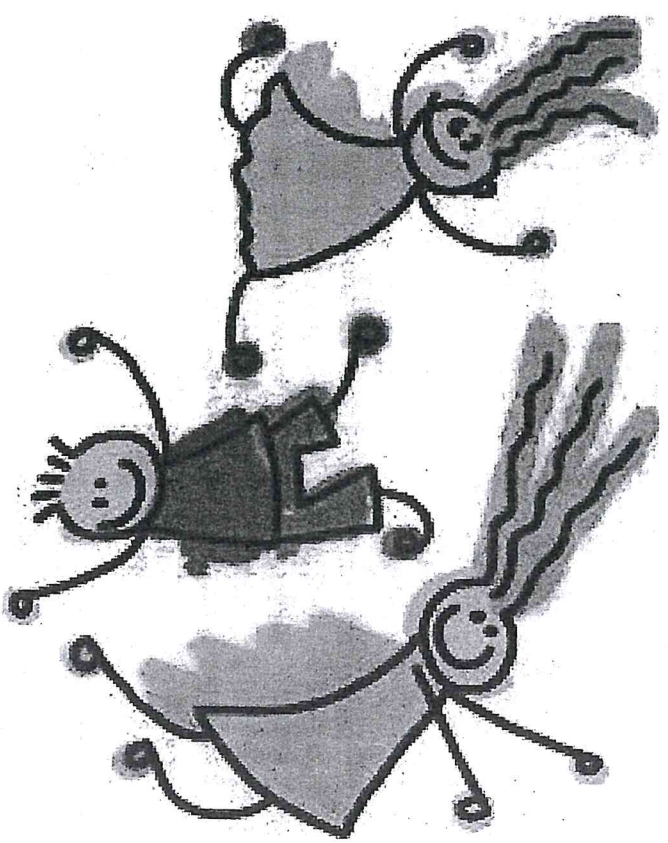


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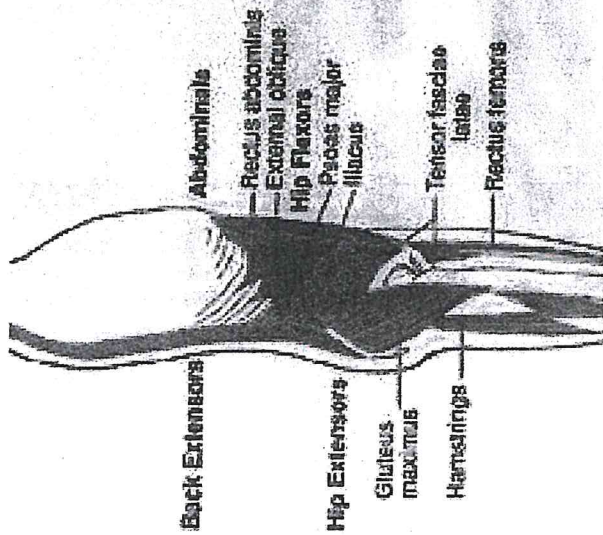
Core Stability Physiotherapy Exercises



Patient & Family Information



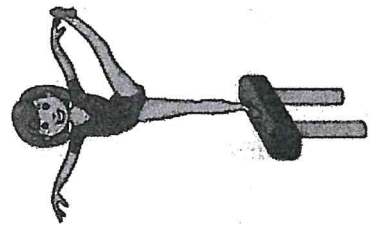
Muscles of the Core:



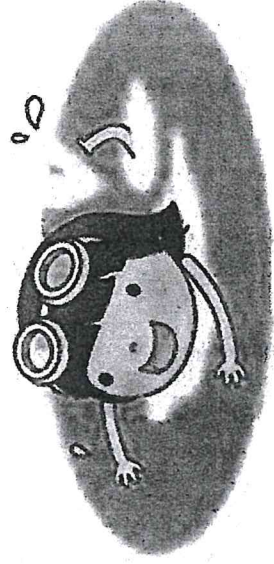
Your core muscles are made up of the muscles of your tummy and back, this is sometimes referred to as your trunk. They help you to move by stabilising your spine and giving you a stable base from which to carry out all other movements of the body. If these muscles are weak you will have lots of extra movement in the centre of your body making it tricky to keep your balance and control your movements ie: being able to jump and hop with control

Exercise

All children should do a range of activities throughout the week to help keep them fit and healthy, it keeps our joints moving and strengthens our muscles. Activities such as swimming & cycling that are non-impact and non-weight bearing are good starting point. As you get stronger and fitter you can begin to introduce other sports that you enjoy.



The department of health (2011) recommends 1 hour every day of moderate to vigorous physical activity for children aged 5-18. This can be broken up into smaller chunks ie: brisk walking to school, playing in the park or scootering to school.

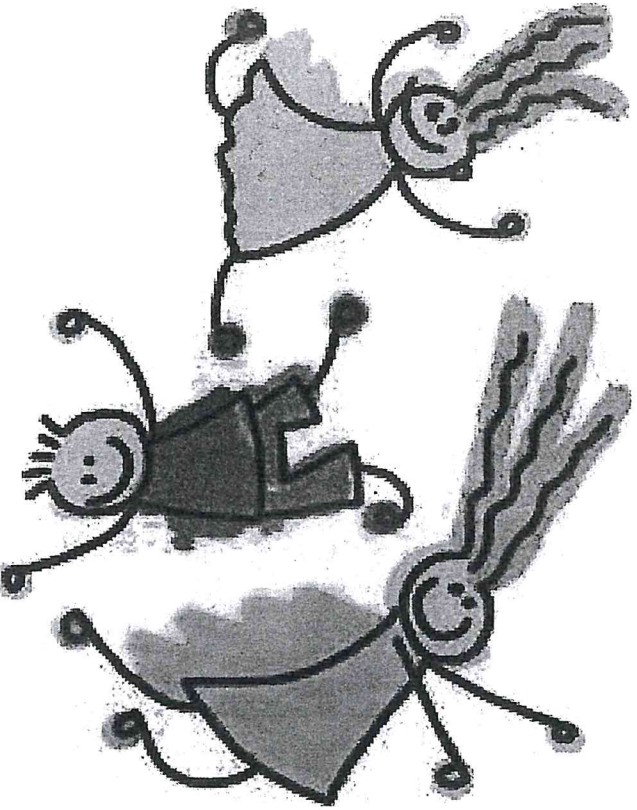


Participating in sports such as swimming, cycling are great for children to help develop core strength.



Wheelbarrow Races: With a partner, practice wheel barrow races, trying to keep your body as straight as possible and pushing through straight arms.
Who can go the furthest??

Have Fun with these activities



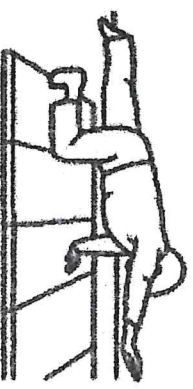
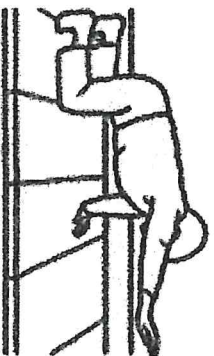
Stability/ Postural control exercises:

The following activities and games are designed to help you work on your muscle control and strength. To help you move easier and improve your ability to carry out everyday activities with better movement control.

Try to choose 2-3 activities each day to work on, keep a chart of your progress ie: how long you are able to do in each position so you can see how you are getting stronger. Have fun with these ideas and see if you can come up with any new ones (exercises).

4-3-2: on all 4's make a straight table with your back. Place something on your back and see if you can keep it steady whilst you lift up alternative hand, then alternate legs. When your really good see if you can do opposite arms and legs together?

Try a glass of water? Can you balance this and move but not get wet??



Clams: (working on bottom/hip muscles)

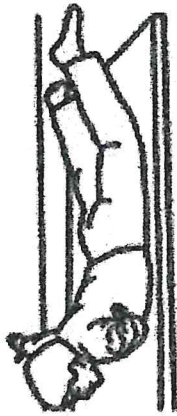
Lie on your side with your knees slightly bent and ankles together. Raise the top leg to create a space between your knees but keep the ankles together. Open and close your legs slowly whilst counting to 5. Let each leg do 10.



Hedge-Hog: Lie on your back, bend your knees to your tummy and cross your arms across your chest. Now lift your head off the floor and see how long you can be a hedgehog for?? Have another go and see if you can do it for longer? To make it ever

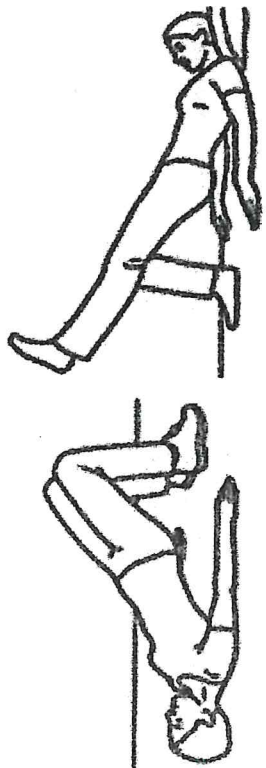


Superman: Now roll over and this time, lift up your arms and legs and see how long you can fly like superman for?? Have another go and see if you can beat your time?



Bridges: Lying on your back, bend your knees place your feet flat. Lift up your bottom to make a tunnel. Pass a ball from 1 side to the other. How many times can you do this?

Now try and lift 1 leg up, don't wobble too much, let both sides have a go.



1/2 Kneel position: Kneeling with 1 knee up and 1 knee down. Make sure that both of your feet are facing forwards. It may be helpful to have a marker to place your foot on to help you stay in this position. Use a ball or balloon and play catching games, a balloon is slower so may be best to start with.



Planks: Can you hold a straight position in a long line?

A. on your Front

With bent elbows, then with straight elbows.

B. On your Side (both Left and Right)

How long can you hold each position for??

Keep practicing and see if you can do this for longer