

Some gross motor activities to work on at home.

Walking up/down steps

Jumping forward

Standing and Walking on a line

Hopping

Gallop

Catching Ball

Throwing a Ball

Kicking a Ball

Standing on one foot
with support if needed

Quad

Name: _____

Date: _____

Aim for

head in midline

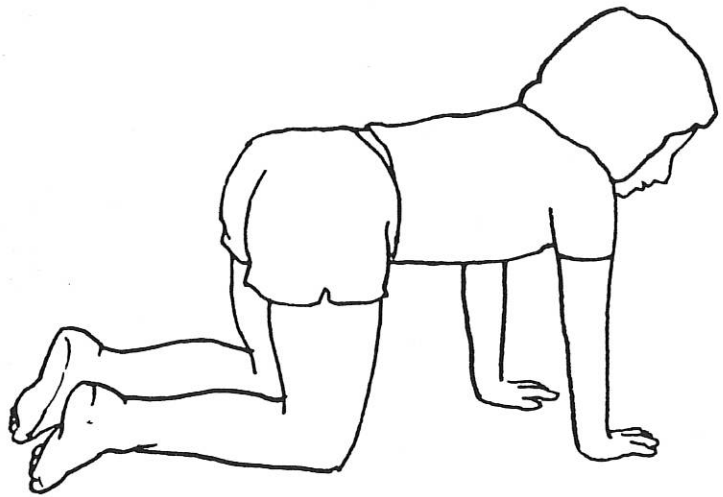
shoulders even

arms straight

hands flat with fingers pointing straight ahead

knees under hips

good placement of feet

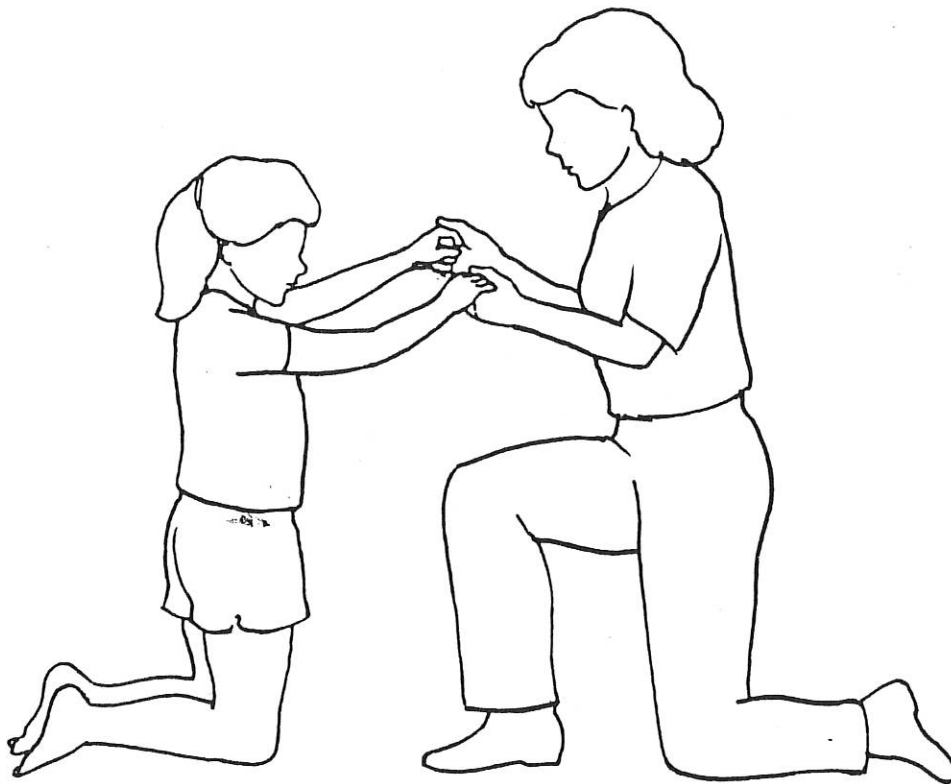


Kneeling

Name: _____

Date: _____

Activity (support as needed)
play while kneeling



Rolling

Name: _____

Date: _____

Aim for (lying prone)

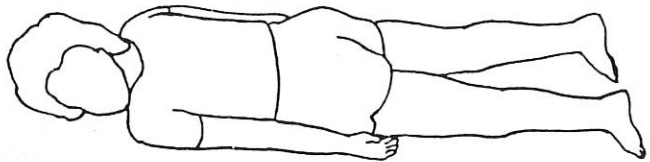
- a. arms down at side
- b. arms at chest
- c. arms overhead

Encourage

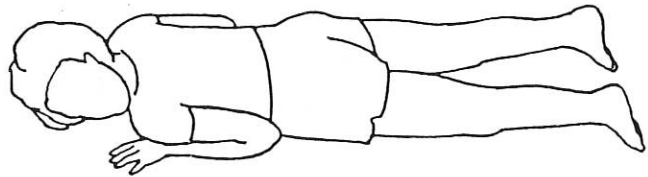
head in midline

legs straight

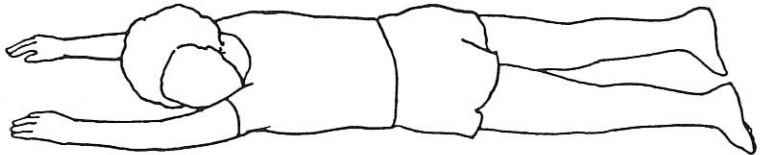
a.



b.



c.



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HOME INSTRUCTIONS

Kneel to Half-Kneel

Purpose

To encourage child to come from kneeling to half-kneel

Instructions

1. Place child in kneeling position. You should kneel behind child with your hands on child's sides (see Figure 1).
2. Gently pull one hip to side and down so that child's weight is on that knee (see Figure 2).
3. Child may bend opposite hip and bring leg forward. If child does not do this, assist as shown in Figure 3.

Desired Response

Child will be able to come to half-kneeling position.

Undesired Response

Hip on weight-bearing leg will sag or other knee will roll in.

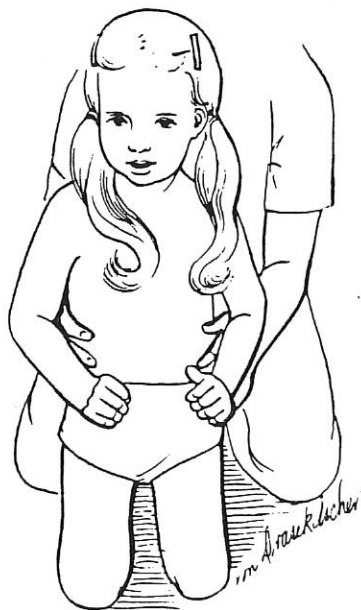
Special Instructions

Figure 1



Figure 2



Figure 3

The exercises should be done only under the direction of a physical therapist.

HOME INSTRUCTIONS

Balance in Half-Kneel

Purpose

To aid child in maintaining balance in a half-kneel position

Instructions

1. Place child in a half-kneeling position, tilting back and to the left to assist if necessary in bringing right leg forward (see Figure 1).
2. Encourage child to reach upwards and sideways for toys. You may place your hands over child's hips or the upright knee if child needs extra stabilization for balance (see Figure 2).

Desired Response

Child will be able to maintain balance in this position while playing.

Undesired Response

Upright knee will pull in or hips will bend.

Special Instructions

Figure 1



Figure 2

The exercises should be done only under the direction of a physical therapist.

HOME INSTRUCTIONS

Balance in Kneeling

Purpose

To encourage balance in kneeling

Instructions

1. Place child in a kneeling position. You should kneel behind the child, placing your hands on the child's hips.
2. Gently push child slightly forward (see Figure 1).
3. Allow child to regain balance.
4. Gently pull child backwards (see Figure 2).
5. Again allow child to regain balance.

Desired Response

Child will be able to maintain balance in kneeling.

Undesired Response

Child will throw head and arms backward or arch backward in attempt to maintain balance.

Special Instructions

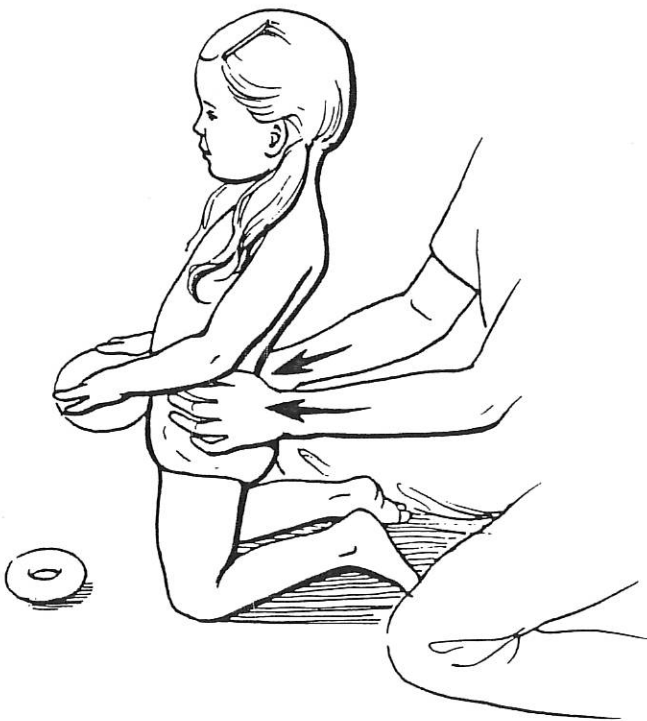


Figure 1



Figure 2

The exercises should be done only under the direction of a physical therapist.

Name _____

Date _____

HOME INSTRUCTIONS
Approximation in Knee Stance

Purpose

To increase hip muscle strength

Instructions

1. Place child in a kneeling position.
2. Place your hands over the child's hips as pictured below.
3. Press down firmly and release. Do not allow the child's hips to bend.

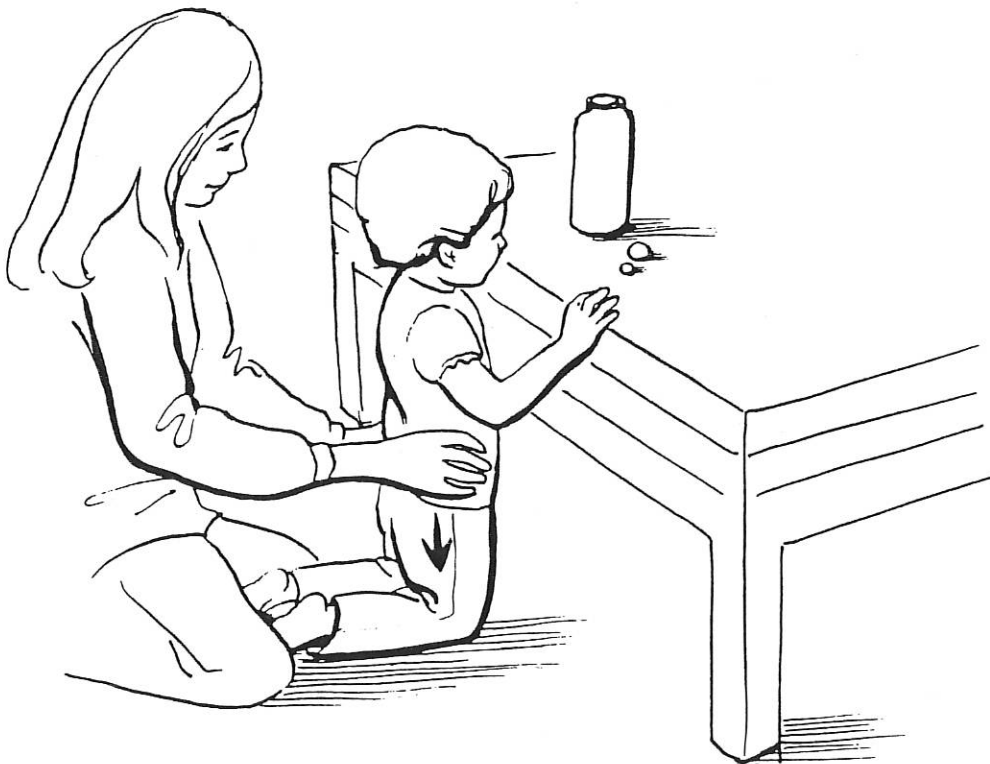
Desired Response

Child will hold hips straight while maintaining a kneeling position.

Undesired Response

Child's hip will bend or child will arch back.

Special Instructions



The exercises should be done only under the direction of a physical therapist.