

# Maximum Potential

Pediatric OT, PT & SLT

Specializing in Sensory Integration

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## Occupational Therapy Home Programme

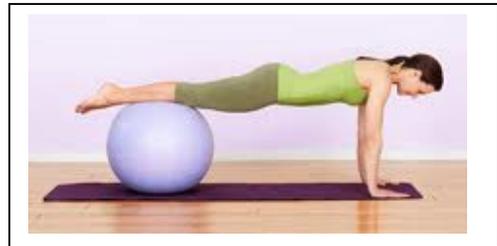
- Aim** to improve upper body stability  
to improve balance skills]  
to improve bilateral coordination skills  
to improve motor planning and sequencing  
to improve handwriting skills

### Swiss Ball Activities

For 'walk outs' and 'roll ups' keep hands flat with fingers positioned forwards and arms slightly bent at the elbows. Wrists / hands should be placed directly below the shoulders when stationary.

#### **Walk Outs:**

Start kneeling behind the ball, gradually lean forwards over the ball supporting the upper body weight on the arms. Walk forwards on the hands (the further forward the greater the difficulty) ensuring the lower half of the body remains supported by the ball. Once in position, maintain the position for 10-30 seconds for 10-20 repetitions.



#### **Roll ups:**

Starting position as for 'walk outs', as the ball reaches the knees, flex the knees and pelvis (keeping the back straight) so that the bottom is in the air. Hold for 10-20 seconds before returning to the start position, repeat 10-20 times.



#### **Side-dives**

Start in a seated position with both feet on the floor placed shoulder width apart. Place your left hand on the floor to your left side. Then extend your right leg to balance whilst reaching with your right hand across your midline to touch in front of your left hand. Repeat for opposite side. 20 repetitions.

## **Static Floor Exercises**

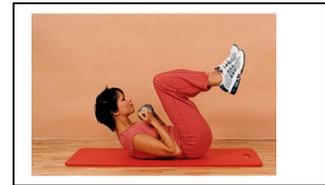
### **Falling stars:**

Either repeat ten times holding each for ten seconds or challenge to beat own record e.g. maintaining the posture for twenty seconds, try and achieve twenty-five seconds then thirty seconds and so on.

Forwards: Lying on your tummy, arms reaching forwards, lift and hold arms and shoulders off the floor simultaneously to lifting the legs off the floor (there should be a gap underneath the lower thigh- just above the knee cap).



Backwards: Lying on your back, lift the head and tuck the chin on to the chest, fold arms over the chest and bend knees in towards the body (creating a "small ball"). N.B: do not hold the knees into the body with the arms.



## **On the Trampoline**

All kinds of jump styles will assist in the strengthening of the lower limbs, pelvis and trunk. It is important to ensure that the knees are bending as the child lands on the trampoline.

Star Jumps: Simultaneous opening and closing arms and legs to the sides of the body (also split jumps using the legs / arms only)

Scissor jumps: As above, the simultaneous opening and closing of the upper and lower limbs, in this instance forwards and backwards from the body

Frog jumps: Beginning in a crouched position, ensure the legs are fully flexed, feet flat on the trampoline surface. Jump up from this position into a fully upright position, landing back in to the flexed start position

Tuck jumps: A jump in standing where the legs tuck under the body whilst in the air, returning to land in standing position.

Trampoline Challenge: Level 1: jumping and throwing at targets

Level 2: run, jump (both feet hit the trampoline at the same time) throw at target, and land on floor.

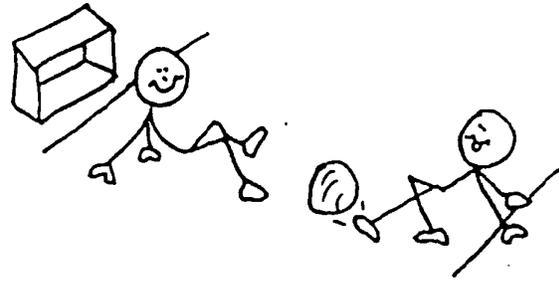
Level 3: run, jump, and turn 180 °, throw, and land on floor

Once each level has been mastered, increase the difficulty by having the person catch the bean bag as they are running towards the trampoline.

### **Games to play with others**

Crab Soccer: (or crab races) Crab walking involves walking on the hands and feet with the tummy on the 'up' side (see picture). When assuming this position, point the fingers towards the body to discourage locking of the elbow joints. Focus on maintaining a straight trunk position!

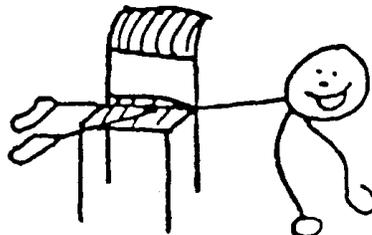
Whilst in this position, you could play soccer with a peer (maintaining the posture throughout the game). Alternatively the game could be played in high kneeling.



### **Wheel Barrow Walking**

Starting in kneeling on hands and knees, support is given to lift the legs at the hips, thighs or ankles so that a forward motion can be achieved by walking on the hands. Ensure palms remain flat and the body remains straight. Increase the challenge of this activity by placing obstacles to travel over, such as obstacles may include a pile of cushions or a duvet.

Assume the wheelbarrow position across a low chair or stool. The child can now put puzzles together, build a tower with blocks, throw bean bags at a target, etc. (alternate hands). You can also put a bowl of grapes, whipped cream, jello, etc. for the child to retrieve as he/she does "push-ups."



### **Cobra:**

Lay at the top of the stairs (carpeted) and place your hands on the first step down – do not lock your elbows! Do one mini-push up and then 'walk' on your hands down to the next step. Repeat all the way down the stairs.

### **Vestibular in a chair**

Have the child sit in an office chair with your legs criss-crossed. Place 4 bean bags in his lap, and 4 targets on the floor around the chair. While you are spinning the child in the chair (one revolution per second), call out which targets he is to hit with his bean bags. Spin to the right until all the bean bags are thrown, and then repeat the task spinning to the left (wind up and then unwind)

You can also just spin in the chair without doing a task – but remember to spin in each direction.

### **Rocking Horse**

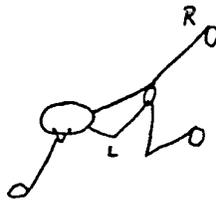
Lie on your tummy and get hold of your feet. Pull them towards the back of your head so that your back arches. Try and rock. How many times can you do it??



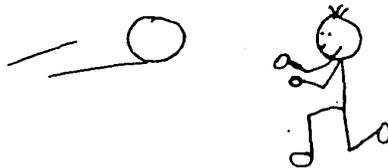
### **Anti-ATNR position**

Each position starts from all fours:

- a) the head stays in midline; bend left arm to touch left hip; then lift right leg and keep it straight; count 1,2,3,4,... how long can you hold this posture
- b) same position as a); move your head slowly from side to side; count 1,2,3,4...
- c) same position with right arm bend and left leg up
- d) same position as before: throw a small ball or beanbags at a target



### **Half-Kneeling**



Play ball catching/ throwing while in a half-kneel position. Alternate legs

### **Throw, Spin, Catch**

Stand across from each other and have the child throw a ball to you, then he spins around and has to catch the ball that you have thrown back to him. (great for eye-hand coordination and visual tracking skills)