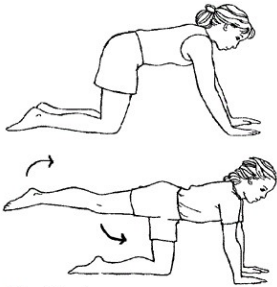


## Personal exercise program

### Core Strengthening (easy)

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Provided by Elizabeth Plummer  
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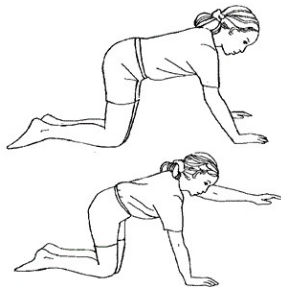


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Start on hands and knees.

Stretch one leg behind you. Hold your straight leg so your foot is the same height as your bottom. Hold this position for 10 secs. Return your knee slowly to floor.

Repeat 10 times.



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Start on hands and knees as shown.

Lift out one arm to the same height as your shoulder. Hold this position for 10 secs. Return arm to floor.  
Repeat on other side.

Repeat 10 times.

Lying on back with knees bent up and feet flat on floor.



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Lift your bottom off the floor as high as possible whilst keeping your hips in line with your knees and shoulders. Keep a gap between your knees and feet. Hold this position for 10 secs.

You can encourage your child to hold this position through play by rolling a ball under or placing toys under.

Repeat 10 times.



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Kneeling.

Play with a ball in kneeling - throwing and catching to encourage the child to overbalance and then recover again.  
Make sure the child keeps up so that their bottom is off their heels. Try to discourage your child from using their hands to correct their balance.



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Sitting on a roll or cushion, encourage the child to reach forward, sideways, and up using toys. They will have to constantly readjust their posture to maintain their balance.

Ensure the roll/stool is the correct height and child's feet are flat on floor and their hips and knees are at a right angle.



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Sit your child in the side sitting position as show in the diagram.

Encourage weight bearing through arm by helping your child play in side sitting position propping up on one arm. If needed you can help child positioning the supporting arm. Encourage the child to reach out of base of support and back again with use of toys. Swap sides.