

Personal exercise program

Core Strengthening (medium)

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Provided by Elizabeth Plummer
Provided for

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



Lift your bottom off the floor as high as possible whilst keeping your hips inline 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.

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Repeat 10 times.

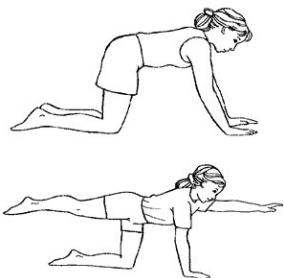


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Kneeling.

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.

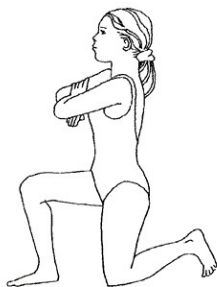


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Start on hands and knees.

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

Repeat 10 times.

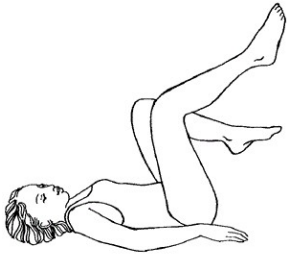


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Half high kneeling.

Try and balance in the position shown. Encourage reaching and throwing activities in this position for balance.

Swap legs.



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

Lift your feet into the air. Make sure your back is flat on the floor at all times.

Make circling movements with your feet.

Make 10 full circles with each leg.



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Activities sitting on a large ball or hopper.

Encourage reaching and throwing activities in this position for balance.

Try to keep your hips in the middle and feet flat on the floor. Try to keep the ball as still as possible. Squeeze your tummy muscles to do this.
