

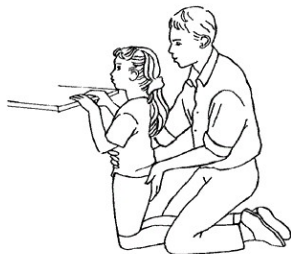
Personal exercise program



Frederick Holmes School
Frederick Holmes School
Inglemire Lane, HU6 8JJ, Kingston-upon-Hull, United Kingdom

Provided by Sammie Scott-Wells
Provided for

These exercises are to develop the strength and balance needed to be able to stand from the floor independently through half kneeling (putting one foot in front and standing from this position).



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Assisted high kneeling

Helper kneels behind child with knees either side of child's feet. Child can start from sitting back on helper's knees or from side sitting.

From starting position child extends up into to high kneeling position. Assist the movement as necessary by guiding child's hip and straightening your own knees to come up to kneeling. Practice weight transference in kneeling.

Encourage playing in this position at a suitable height maintaining this position.



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High kneeling without support

Once assisted high kneeling has become easy encourage maintaining this position without support.

Rock from side to side lifting alternate knees.

Encourage reaching out of base of support e.g. popping bubbles, rolling/throwing and catching a ball

Encourage walking on knees in different directions.

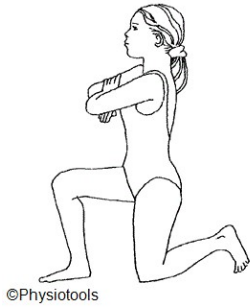


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To get from kneeling position to half kneeling position.

Support child by pelvis. Transfer child's weight to one leg, while moving the other leg forwards. The back and pelvis should remain level.
Practice maintaining this position by doing activities at the table.

Change the leading leg.



One supported Kneeling with one leg forward becomes easy:

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

Once the child is able to maintain there balance in this position encourage standing from this position with support from carer/ stable furniture at first if needed.

Then

Practice standing from this position without support

Change the leading leg.
