

Physical Therapy

Home Program Ideas

Adult supervision required for all activities, please choose activities appropriate for your child's abilities

Positioning:

- Make sure you change your body position at least every 2 hours or sooner (stand up to take a break, take a walk, lie on the floor on your stomach, switch chairs)
- Make sure you are in a good position to do your school work (make sure you can reach your materials and that you are comfortable while working)

Gross Motor/Endurance:

- Try to get at least 1 hour of activity a day (take a walk or roll in your wheelchair, play outside)
- If you have home equipment (standers, walkers) try to use them daily at least 1 hour
- Encourage as much independent movement as possible, work on moving from chair to the floor, transfers into and out wheelchairs, creeping and crawling, rolling on the floor)

Gross motor breaks:

- Push-ups/wall push-ups/chair push-ups
- Sit-ups or hand held sit-ups
- Sitting on the floor with your legs straight out in front of you
- Lying on the floor on your stomach, propped up on your elbows
- Bike riding (with helmet please ☺)
- Play ball (football, baseball, soccer, catch/throw)
- Household chores with adult supervision (putting folded clothes away in drawers, making bed, set the table, gardening)
- Simon Says

From the NPS Physical Therapy Department

