

OCCUPATIONAL THERAPY DEPARTMENT

Postural Control and Balance

Please ensure that adult supervision is given when completing these activities.

Postural control is the strength in your tummy and back and being able to adopt an upright position without the need for support. It is important to have a stable core to be able to use our arms and legs effectively for gross and fine motor activities.

Suggested exercises:

1. Lie on your tummy, lift your elbows off the floor with your arms stretched out and lift your head up to look in front of you.

Have an adult roll a ball to you and push the ball away with both hands. Complete 10 times and change the size of the ball to increase the challenge.

2. Lie on your tummy and make a superhero pose. Lift both your arms and legs straight off the floor and stretched out, try and lift your head up even for a few seconds if you can. Try building up your time until you can hold it for 30 seconds.



3. Move onto your hands and knees. Make sure your hands are about hips width apart for stability.



4. Once you have your balance, keep your body still and lift up one arm and stretch it out in front of you and hold for a count of 5 before releasing it back to the ground. Now repeat this with the other arm. Complete 5 times on each side and try to not twist at the shoulders or move the body.
5. Assume the same position keep your body still and lift up one leg and stretch it out in behind you and hold for a count of 5 before releasing it back to the ground. Now repeat this with the other leg, Complete 5 times on each side and try to not twist at the hips or move the body.
6. You can then try to compete with one leg and one arm stretched out at the same time and count for 5. Make it fun and change from the same side to opposite sides.

Together with you, in your local community

Suggested activities:



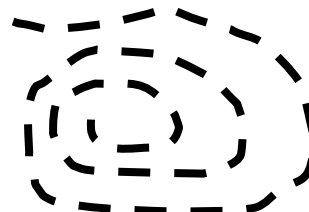
- Competing activities or games in a high kneeling position such as throw and catch or chalking at an easel or painting.
- Games such as Twister, musical statues or Simon Says
- Completing activities such as like drawing/colouring/building puzzles in your tummy.
- Obstacle courses - set up obstacles to crawl under, jump over, climb over, hop around, throwing at a target. Progressively make the course more difficult and challenging. Make sure obstacles are at different height
- Crawling - on all fours or commando crawling, in, around, over and under different obstacles
- Swimming
- Jumping games (on the ground or trampoline) – start with jumping activities, how many different types of jumps can you do? Increase the challenge by making it structured e.g hopscotch or follow the leader.
 - Jumping in different directions by following instructions e.g. forwards, sideways, backwards, diagonally, In a straight line, into hoops/squares or over a rope.
- Playground activities, such as monkey bars, climbing frames and pumping a swing



Balance trails:

Walk with head up, arms held out slightly at the side and look at something that is still to help maintain balance. Ensure slow and controlled walking.

- Walking along a line (toe to heel, on tiptoe, on heels, backwards, forwards)
- Walking on stepping stones type activities you may find in play parks.
- Stepping stone games – with bean bags or newspaper folded into small squares; make a path across a room, down a hallway etc. Do not touch the floor; make paths in straight lines and wiggly lines etc.



- Place a number of hoops in a row and jump/hop from one to the other. A variety of sequences can be worked out e.g. jump, hop, jump, etc. Make the activity more difficult by increasing the space between the hoops.

Together with you, in your local community