

# CORE STRENGTHENING FOR CHILDREN

Children having difficulty developing movement often have weakness in one or more of the muscle groups around their trunk or pelvis.

## SHOULDER STRENGTHENING

### Leaning on Arms

#### A) While Lying on Stomach

- While lying on stomach (watching T.V. or playing games)
- Child props up torso by resting on forearms and elbows



### Leaning on Arms

#### B) While sitting up

- While sitting on bum
- Child can strengthen shoulders by placing hands behind body; supporting an upright position
- This is another good way to have your child strengthen their arms while watching T.V.



### Walking on Arms

#### A) Wheelbarrow

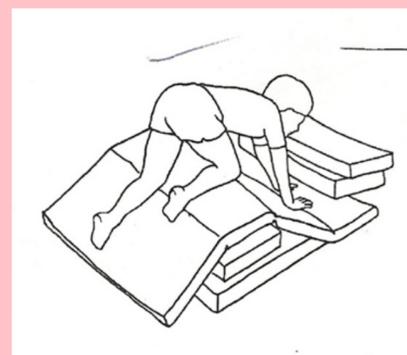
- Hold child at hips, keeping his legs close to being level with the floor
- Allow them to "walk" forward using arms



### Walking on Arms

#### B) Crawling or Climbing

- Crawling on uneven and/or elevated surfaces can help strengthen shoulder muscles
- Outdoor climbers
- Make indoor obstacle courses



### Pushing or Carrying Heavy Things

- A rolling or stationary object; approximately at the child's chest level
- Object acts as resistance and helps strengthen shoulders and chest
- Non-wheeled storage containers filled with heavy items such as bags of rice, etc., make a good object to push



# SHOULDER STRENGTHENING CONTINUED...

## Monkey Bars

- Swing along and or pulling self up



## Writing on a Vertical Surface

- Writing on a chalkboard or easel



# STOMACH STRENGTHENING

## Twisting to the side to Pick Up Toys

- Twisting side to side engages abdominal and oblique muscles

### A) Sitting Down



### B) Or Kneeling



## Climbing Ladders & High Furniture



## Pass a Ball from Hands to Feet

- Lie with back on floor
- Pass a ball from hands to feet, feet to hands
- Or throw the ball overhead



## Roly-Poly

- Lying on back curl up into a ball position, wrapping arms around knees
- Roll from side-to-side
- Rock forward and backward from sitting to lying and back to sitting without letting go of legs



## Tug of war



# STOMACH STRENGTHENING CONTINUED...

## Crab Walk

- From a sitting position lift body off floor with straight arms and bent legs
- Walk like a crab for increasing distances; through a simple obstacle course
- Try and balance a ball or stuffed toy on tummy



## Balancing on One Foot



# BACK MUSCLE STRENGTHENING

## Airplane

- Lie with stomach on floor
- Raise head, arms and chest off floor and hold, increase to 30 seconds then release; repeat



## "Bird-Dogging"

- Raise opposite leg and arm
- Keep torso parallel to the ground, do not let lower back sag
- Repeat 5 times on one side, rest, switch sides
- Do more if you can



## Swinging

- Lie on tummy on a swing, suspended tire or inner tube
- Swing using legs and arms
- Incorporate aiming, throwing and hitting activities



## Scooter Board

- Lie with tummy on scooter
- Push off from wall using hands or feet
- Propel forward, backwards, sideways or in a circle
- Propel through an obstacle course, or pull self along a rope

