



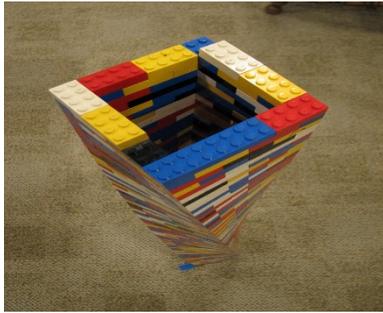
# **Physical Therapy**

**(Distribute to all students that receive physical therapy)**

## Physical Therapy Ambulation & Endurance

### Week 2

Please choose one activity per day to complete. Circle the activity when complete. If possible, print the sheet and email it to your therapist or save it in a folder to turn in at a later date.



Build some Lego towers. Practice stepping over them.



Go outside and have a Scavenger Hunt. See if you can find big leaves, 3 rocks, and 3 different flowers.



Walk to the end of your driveway and back to the house. Walk 3 times.



Wheelbarrow walk with your parent helping. Walk on the grass outside, or in the house. Can you walk fast and slow, using your hands?



Do you have steps at your house? If you do, walk up and down the steps 3 times to make your heart stronger.



Take a long walk outside with your family. Take deep breaths while you walk quickly, then slowly.



Move in a pattern: walk, jump, hop. Can you do this 3 times in a row?



Put three pool noodles or poles on the floor, spaced apart. Hold a big ball over your head while you step over each pole.

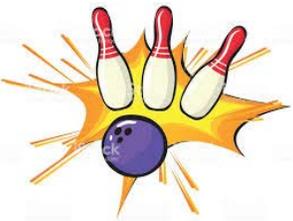


Take a walk outside taking turns pushing and pulling a wagon. Collect some treasures as you are on your walk.

## Physical Therapy Motor Planning & Coordination

### Week 2

Please choose one activity per day to complete, by yourself or with an adult's help. Circle the activity when complete. If possible, print the sheet and email it to your therapist or save it in a folder to turn in at a later date.

 <p>Pose like a tree with one foot up and both arms over your head. Can you hold it for a count of 10?</p>	 <p>Pretend you are a gymnast and walk on a line on the driveway or sidewalk. Take little steps with your feet close together. Don't fall off!</p>	 <p>Find a bucket or box. Stand close to the bucket, and toss in beanbags, balls, or rolled-up socks. Then move far away and see if you can toss them in again.</p>
 <p>Find some water bottles or tall toys and set them up like bowling pins. Roll a ball with one hand and try to knock them all down.</p>	 <p>Go outside and play a game of soccer with your parent. See if you can kick the ball and score a goal.</p>	 <p>Make an obstacle course. Find objects and toys in your house to step OVER, walk AROUND, and climb UNDER.</p>
 <p>Try to do 10 Jumping Jacks, or jump up and down 10 times in a row.</p>	 <p>Put two pool noodles or poles on the floor, close together. Hold a big ball over your head while you walk in between the pool noodles.</p>	 <p>Toss a balloon or big beach ball high up in the air, and catch it with both hands as it comes back down.</p>

# Physical Therapy Positioning/Balance

## Week 2

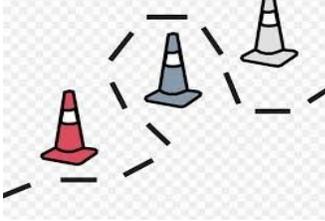
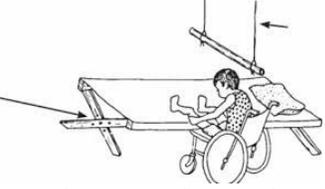
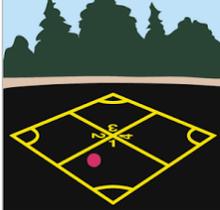
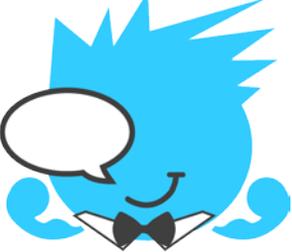
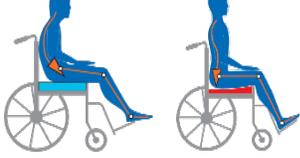
Please choose one activity per day to complete. Circle the activity when complete. If possible, print the sheet and email it to your therapist or save it in a folder to turn in at a later date.

 <p>Practice standing in your standing device if you have one. Try to increase your time to at least 30 minutes.</p>	 <p>Practice balancing on your hands and knees with help as necessary. Try to keep your hands directly under your shoulders and knees under your hips.</p>	<h3>2-POINT QUADRUPED</h3>  <p>“Bird-Dog” practice. Balance on our right hand and left knee, then switch. Try to hold it for 5 seconds. Repeat 10 times.</p>
 <p>Go for a walk outside and find some lines on the ground. Try to keep your feet on the line without falling off!</p>	 <p>Balance on each foot. Practice more on your foot that you can't hold as long.</p>	 <p>Practice “Tall-Kneel”. Balance with only your knees, shins and feet on the ground. Make sure to kneel “tall” with your hips over your knees</p>
 <p>Pretend to be a “Bear” and walk with only your hands and feet touching the ground. Go scare your parents and chase them!</p>	 <p>“Tandem Standing”-Stand with one foot in front of the other with your toes touching your heel. If you want an extra challenge, close your eyes!</p>	<h3>ONE-HALF KNEEL</h3>  <p>Balance with one knee on the floor and one foot flat on the floor. You can color a picture taped to the wall</p>

## Physical Therapy Wheelchair Use

### Week 2

Please choose one activity per day to complete. Circle the activity when complete. If possible, print the sheet and email it to your therapist or save it in a folder to turn in at a later date.

 <p>Shift your position every 20-30 minutes to alleviate pressure. A family member can do this for you if you are unable.</p>	 <p>Set up an obstacle course with household items and wheel around 5 times</p>	 <p>Work on wheeling up and over thresholds/uneven surfaces outside for 10 minutes</p>
 <p>Work on transfers, either with help, by yourself, or with a sliding board, as appropriate</p>	 <p>Work on opening and closing doors while in wheelchair 5 times</p>	 <p>Play 4-square in your wheelchair for 10 minutes</p>
 <p>Advocate for yourself, don't always rely on your family. Help with directions for transfers, tell your family what you want to do or where you want to go.</p>	 <p>Make sure you are sitting with good posture. Sit all the way back into the seat and keep your shoulders back.</p>	 <p>Play Simon says giving directions to turn left or turn right</p>