



# **Physical Therapy**

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

Ambulation/Endurance

Week 8



Raise your arms with or without help x 10 reps.

**Complete one activity per day.**



Walk around your neighborhood with a parent x 15 minutes



Walk up and down your driveway 4 times



Have a parent help you walk across the kitchen 2 times.



Put weight through arms and legs over a support with assistance and roll a ball or car to a partner x 5-10 reps.

# MOTOR PLANNING / COORDINATION

## Week 8



Have a crabwalk race with a partner. See who can go 5 feet and cross the finish line first.

**Complete  
one activity  
per day.**



Hold a toy in each hand. Can you switch the toys without dropping one?



Kick a ball towards a partner or target x 10 reps.



Jump rope x 10 reps.



Practice going up and down the stairs. Hold a railing or an adults hand if needed.

# POSITIONING / BALANCE

## Week 8

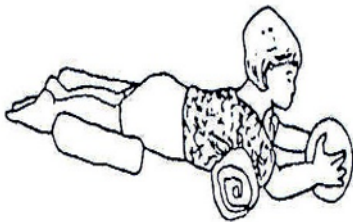


Maintain balance while sitting on a ball or cushion while throwing a ball towards a target. Parent assist as needed.

**Complete one activity per day.**



Balance on one foot for as long as you can. Switch sides.



Position child on belly with towel roll under chest and on sides of legs to maintain neutral position. Lie prone x 20 minutes while watching TV or playing a game.



Balance with one foot in front of the other. You can put your hands on hips, hands out to side or hold the wall/chair. See how high you can count before losing your balance



Maintain standing balance while weight shifting from the left to right.

Wheelchair Use

Week 8



Shift your position every 20-30 minutes to alleviate pressure or an adult can help

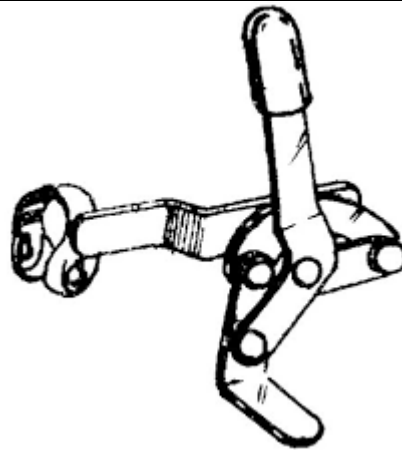
**Complete one activity per day.**



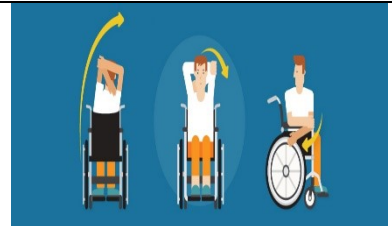
Place beanbags on a table and have your child wheel to get bean bag and then throw to a target



Using your hand or paddle/bat, hit a thrown or suspended ball 10 times



Make sure your brakes are working and in good working order



Reach your arms to ceiling 10x