



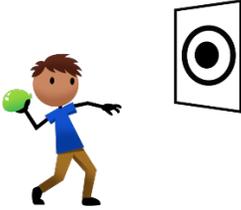
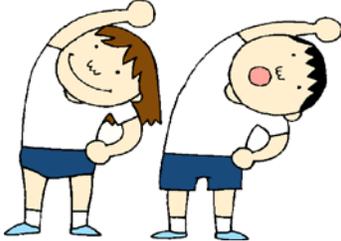
Physical Therapy

(Distribute to all students that receive physical therapy)

Physical Therapy Motor Planning & Coordination

Week 4

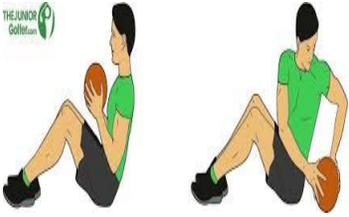
Please choose one activity per day to complete, by yourself or with an adult's help. Circle the activity when complete. If possible, print the sheet and email it to your therapist or save it in a folder to turn in at a later date.

 <p>Use paper plates or circles of paper to make stepping stones. Practice stepping on them when they are close together and far apart.</p>	 <p>Use the same floor spots and practice putting your hands and feet on different spots. Can you hold the position?</p>	 <p>Use sidewalk chalk to draw a hopscotch grid on the sidewalk or driveway</p>
 <p>Push up when you are on the floor. Keep your arms straight and bend your knees. Can you get your head close to your toes?</p>	 <p>Roll up 10 socks to make balls for throwing. Draw a big target on paper and tape it to the wall. Throw the sock balls one at a time and try to hit the target.</p>	 <p>Play soccer with a family member. Dribble or kick the ball with one foot. Can you pass it 10 times?</p>
 <p>Toss and catch a balloon. The balloon will move slowly. Toss it high, then catch it using both hands.</p>	 <p>Find a big ball. Stand close to it, and put one foot on top. Balance for 10 seconds. Try it with the other foot.</p>	 <p>Bend way over to one side. Feel how much your muscles stretch. Breathe in and out slowly. Stretch to the other side.</p>

Physical Therapy Ambulation & Endurance

Week 4

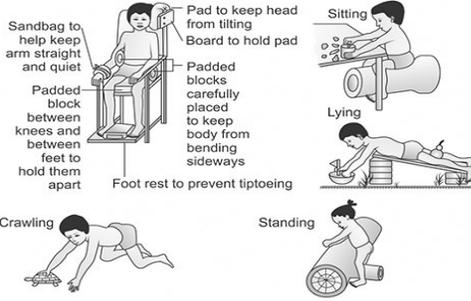
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 <p>Riding your bike or trike is good exercise. Ride every day for 15 minutes with your parent.</p>	 <p>Find a big box and put it at the end of the driveway or sidewalk. Run as fast as you can to the box, go around, and come back to the starting line.</p>	 <p>Jump with both feet from the kitchen to your bedroom and back again. See if you can jump the whole way!</p>
 <p>Make a pretend creek using paper, string, or a jump rope. Now run and leap over the creek. Don't get your toes wet!</p>	 <p>Use pool noodles and balloons to play golf in the backyard. Try to hit the balloon into the target.</p>	 <p>Walk up and down the steps. Can you carry a ball or toy in one hand while you go up and down?</p>
 <p>Take your family on a long walk around the neighborhood. Make the walk last for 15 minutes for good exercise.</p>	 <p>Play RED LIGHT GREEN LIGHT with your family. Run FAST when the signal is green.</p>	 <p>Find a medium or large ball. Sit with your feet on the floor and knees up. Pick up the ball with both hands and twist to place it to the other side. Can you do 10 to each side?</p>

Physical Therapy Positioning/Balance

Week 4

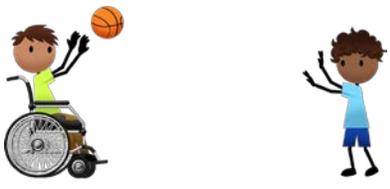
Please choose one activity per day to complete. Circle the activity when complete. If possible, print the sheet and email it to your therapist or save it in a folder to turn in at a later date.

 <p>A hammock is good for positioning the child with cerebral palsy who stiffens backward.</p> <p>Try lying down in a hammock and relaxing!</p>	 <p>Try 15 minutes of yoga with your caregiver</p>	 <p>Try balancing on your tummy without letting your feet/knees and hands/elbows touch the ground</p>
 <p>Go for a hike outside and find a steep hill to climb up and down without losing your balance or putting your hands on the ground</p>	 <p>Windmill Exercises-Stand with your feet apart and reach with your left hand to your right foot and switch sides 10x</p>	 <p>Kick a ball without falling 10 x. Challenge yourself and see if you can kick a ball that is rolled to you.</p>
 <p>Sandbag to help keep arm straight and quiet</p> <p>Pad to keep head from tilting</p> <p>Board to hold pad</p> <p>Padded block between knees and between feet to hold them apart</p> <p>Foot rest to prevent tiptoeing</p> <p>Sitting</p> <p>Lying</p> <p>Crawling</p> <p>Standing</p> <p>Try a variety of positions using household items to aid in comfort</p>	 <p>Side-lying Activity with wedge, pillow or towel under head and between knees for positioning</p>	 <p>Help your child loosen tight or spastic muscles gently.</p>

Physical Therapy Wheelchair Use

Week 4

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>Work on wheeling up and over thresholds/uneven surfaces outside for 10 minutes</p>	 <p>Pick a song and have a dance contest. Add some Karaoke, too!</p>	 <p>Reach your arms to the left and to the right 10x</p>
 <p>Hockey Bowling-take turns knocking down household items using a broom/ball. Wheel to pick up "pins"</p>	 <p>Have a race with your child in their wheelchair, assist with propulsion as needed 3 times</p>	 <p>"Golf"-set up targets and throw beanbag to hole. Keep trying until you make it in the "hole"</p>
 <p>Play- Follow the Leader, working on moving forward, moving backwards, turning in a circle</p>	 <p>Practice throwing and catching a ball. If you miss it, wheel to retrieve the ball</p>	 <p>Stretch your legs intermittently when in your wheelchair</p>