

## Personal exercise programme

### 7 - Basic exercises

Children's Therapy

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Provided by  
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Please find below basic balance and core stability exercises. These should be completed for 10-15 minutes daily.



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Stand on one leg with other leg on a football.

Roll the ball forwards, backwards and sideways across in front of the other leg and back to starting position.

Repeat with the other leg.



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Walking.

Take small steps. The heel of the front foot should touch the toe of the back foot.

(Doing this with eyes closed is very difficult !)

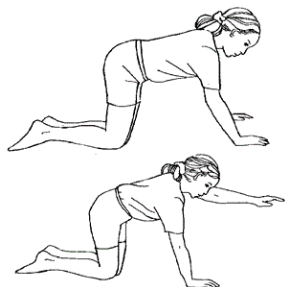


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Lie on your back with knees bent.

Tighten your pelvic floor muscles. Keep the contraction and slightly pull your lower stomach in. Lift your hips and then roll down your back to the starting position. Relax the pelvic floor muscles.

Repeat 10 times.



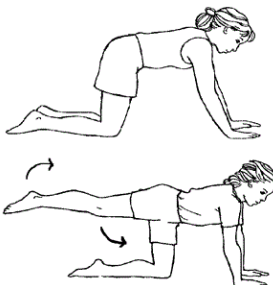
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Start on hands and knees as shown.

Lift out one arm to the same height as your shoulder. Hold this position for        secs. Return arm to floor.

Repeat on other side.

Repeat 10 times.



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Start on hands and knee, weight evenly distributed.

Stretch one leg behind you. Hold your straight leg so your foot is the same height as your bottom. Keep your shoulders and hips level.

In this position - maintain stability and bend your knee so your foot is pointing to the ceiling. Leading with your knee return leg to floor.

Repeat to other side.

Repeat 10 times.



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### Throwing and catching.

1) Start with a large size ball and two handed catching.

2) Repeat with medium size ball.

3) Repeat with small size ball.



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### Throwing and catching.

To increase difficulty throw the ball a little out of reach to encourage balance reactions.



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### Kneeling.

Play with a ball in kneeling - throwing and catching to encourage teenager to overbalance and then recover again.



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### Kneeling with one leg forward.

Try and balance in the position shown. Encourage reaching and throwing activities in this position for balance.



Sit with your hands on your shoulders.

Stand up by tightening your buttock muscles and then slowly sit down.

Repeat 10 times.