

B15- Core trunk strengthening activity

Therapy ball activity

Ensure these activities are completed under adult supervision. Use in a clear area with a soft mat to avoid injury

USE: Initially postures to be introduced gradually on a daily basis-within individual level of tolerance and until they become more familiar or accustomed to the sensations. Build up tolerance for use up to 10 minutes per session every day.

Sit or bounce on the ball

- Maintaining feet at hip width and firmly planted on the floor, to gently bounce down and up.
- Demonstrate the task as required.
- Keep to the centre of ball to prevent falls.
- Encourage gentle rocking back and forth, to develop general stability and adjustment to movement.
- Add greater complexity to encourage use in holding a favoured toy (eg, rain maker or wand in both hands) with arms extended forwards (palm face up and palm face down) and gently bounce down and up, keeping trunk in the upright.
- As skills and confidence develop through regular practice, greater independence and stability to sit and rock or bounce will develop - so try catching or throwing skills with beanbags or a medium sized balloon or ball, while seated on the peanut ball.

Upper limb weight bearing on the therapy ball

- Start from a high kneeling position in front of the ball and encourage extending forwards onto or over the ball.
- An adult can assist with stability or security in positioning by holding you steady at the pelvis or a hand placed on the base of the spine (sacrum).
- Place both **flat of hands** to the floor with **elbows straight** and maintain knees or feet to the floor as in high crawl position.
- Raise your head up and extend your trunk to walk your hands forward (wheelbarrow walks).
- Hold this weight bearing position for the count of 10.
- Return to kneeling then repeat forward walk on hands for three more times and continue to grade up amount of use.
- Allow freedom of movement to use a rocking action back and forth, to explore stability in movement.
- Add complexity to these tasks with favoured toy or completing a visual construct game (puzzle or sorting and matching game) in front of you on the floor.

Therapy ball or physio roll Size approx. 30cm diameter (Toddler) 40cm diameter age 4-8 years
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