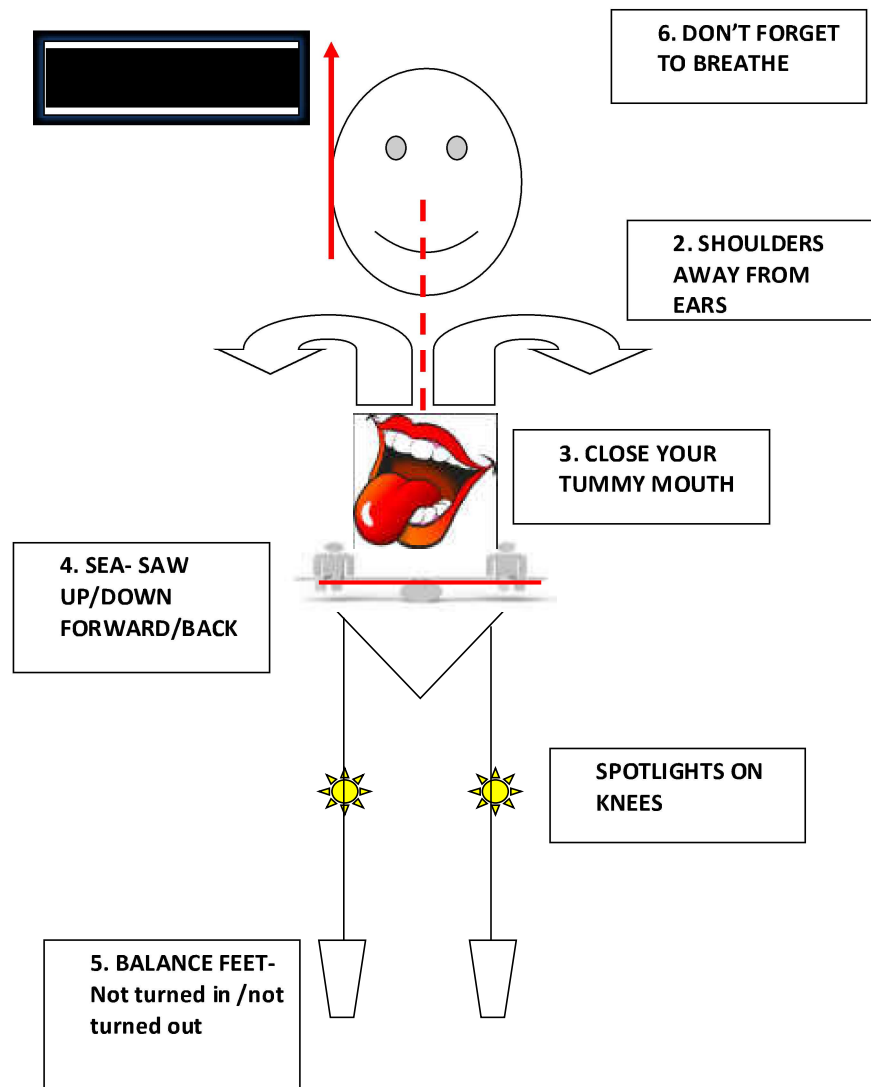
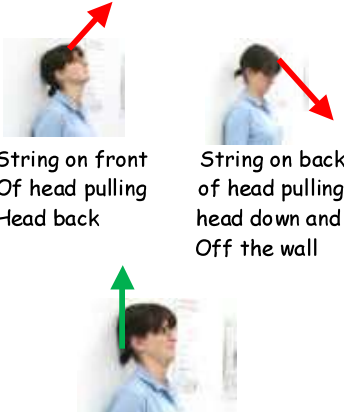



Appendix 8: Home Exercise Programme

BALANCING BOB



EXERCISE 1: 6 THINGS ABOUT 'BALANCING BOB'

 <p>String on front Of head pulling Head back</p> <p>String on back of head pulling head down and Off the wall</p> <p>String on back of head pulling up to ceiling. Head level.</p>	<ul style="list-style-type: none"> • 1: Head – roll head forwards and back on the wall until neck long at the back. <p>WRONG POSITIONS</p> <p>RIGHT POSITION</p>
 <p>Shoulders too High</p> <p>WRONG POSITION Shoulders pushed together- means chest sticks out and back arch</p> <p>RIGHT Shoulders away from ears</p>	<ul style="list-style-type: none"> • 2: Shoulders down away from ears <p>Remember to keep string on the back of the head when doing this. Make sure you don't tilt your head back when relaxing shoulders down.</p>

Ribs



3. Closing your tummy Mouth -

Breath out

- Close top of mouth on tummy ribs down)

Bring tongue back
(belly button back to spine)

Mouth Open: Ribs stick up, chest sticks out and back arches away from the wall.

Mouth Closed : Blow out (like blowing out a candle) Ribs down and belly button back

(Do not roll the bottom of your mouth - your hip bones up into your tummy. They stay facing forward). Imagine your hip bones are spotlights on a car and they have to stay shining forward.



4. The Sea- Saw ! The aim is to try and get your sea-saw level. It can do 2 things

1. Go up and down
2. Go forward and back

This shows the **right side of the sea-saw up** and the left side down. Usually this makes your **bum stick out on the right side** and **more weight goes onto the right foot**.

This shows the **left side of your sea-saw forward (in front)** and the right side backwards (behind). Sometimes your shoulders move at the same time (left shoulder is forward too)



Practice keeping your head and shoulders in position (step 1 + 2) and moving your sea-saw in different directions (up / down/ forward/ back/ middle)

Tip: Someone puts a finger on your nose and you can't move it when you move your sea-saw. Try the same with someones hands on your shoulders.



Roll onto outside



Roll onto inside



Finding the Middle

5. Feet Level-

Aim to have the same weight through both feet. Make feet level .

To do this....

1. Roll all the way to the outside of your feet (weight on your baby toe side)
2. Roll all the way to the inside of your feet (weight on your big toe side)
3. Find the middle (weight even)

6. Don't Forget to Breathe !!!!!

In through your nose and out through your mouth - like you are blowing out a candle on a cake.



EXERCISE 2: SELLOTAPE ROLL DOWN & UP

Wall Roll Down- Sellotape



Starting position- Prepare:

Feet are slightly in front of body.
Weight evenly through both right and left side (check by leaning to left then leaning to right). If in bare feet ask child to try and lift the inside of the arch of their feet, weight bear on outside border of feet. Then let feet collapse in and weight bear more on medial aspect of feet. Then try and find the MIDDLE spot.

Imagine **pencil** on back of your head. Draw a line up and down the wall with the pencil



Breath in: prepare

Breath out: 3 strings (head long, shoulders back, ribs down and in) and level sea-saw (where your spotlights were) and even foot prints




Breath in: raise both hands (try keep as even as possible)

Breath out: lengthen back of neck, roll ribs down and in and roll belly button back to wall as you peel down (like peeling away sellotape from the wall)

Breath in: Take a VERY DEEP breath- make back of spine rise with in breath. Keep bum against wall when down and try to keep weight even on feet. Eyes look at knees

Breath Out: Rolling up, think of sticking bottom of spine to wall first then middle and last neck. Eyes stay looking at knees until last minute.

Repeat 5 times. Try to do each step of the movement.

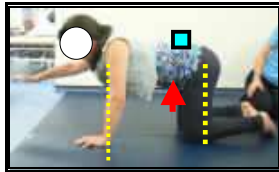
Exercise 3	Parent Explanation	Child Explanation
<p>Hip Hikes</p> 	<p>Child is aiming to keep straight line through nose, tummy and pelvis while keeping right side hip in line with Left hip</p> <p>Watch for pelvic obliquity and/or pelvic retraction. That means their sea-saw (hip bones) stays level. Aim to have child ACTIVELY correct the position. Ask- Is your sea-saw level? Is one side in front of the other? Is one side higher than the other? What do you need to do to level your sea-saw? Etc.</p>	<p>Aim to:</p> <ol style="list-style-type: none"> 1. Keep string pulling back of head up to ceiling 2. Keep sea-saw level. It moves 4 ways: UP and DOWN, FORWARD and BACKWARDS  <p>When lowering leg do as SLOWLY as possible</p>
 <p>Try and TIME how long can hold position for while keeping back straight and sea-saw level. Aim to increase time and note how long on sheet.</p>	<p>If leg on step is not in AFO can work on eccentric quad control of that side when slowly lowering other foot down to floor (like 1 leg squat)</p> <p>Look for compensatory strategies above and below the sea-saw like arms moving or legs squeezing together or tummy turning</p> <p>If you don't have a step can use bottom step on stairs or small bench.</p>	<p>Can add activities like catching and throwing ball etc.</p>

EXERCISE 4- Making a Table

4-point Kneeling



Lifting 1 arm
Lifting 1 Leg
'Glass of water' test



When lifting right hand try and keep weight even on both knees. Don't sway to the left.

When lifting right leg try keep weight even through both hands.



Make a table with your back
Hands under shoulders and knees under hips
Shoulders AWAY from ears






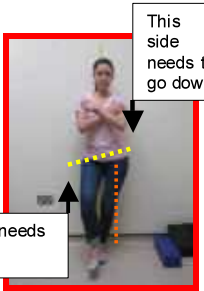

Breath in:
prepare
Breath out: Draw belly button back to make table. Keep weight even through hands and feet. Then lift 1 hand.
Breath in: Hold position
Breath Out: Lower back to table position.

Repeat with other hand, then with 1 leg at a time

Put the **same pressure (same weight)** through **both hands**. Make the same imprint on the floor with both hands.
Put the **same weight** through **both knees**.
Practice this by getting child to sway to right and left Where is more weight??

Try do with glass of water on your lumbar spine

EXERCISE 5: Standing on 1 leg and stopping a ball

	Explanation
<div data-bbox="509 470 719 741">  </div> <div data-bbox="509 772 711 831">  </div> <div data-bbox="727 772 922 831">  </div> <div data-bbox="509 840 711 1100">  </div> <div data-bbox="727 840 922 1100">  </div> <div data-bbox="509 1142 711 1430">  <div data-bbox="646 1150 735 1241" data-label="Text"> <p>This side needs to go down</p> </div> <div data-bbox="415 1360 573 1419" data-label="Text"> <p>This side needs to go up</p> </div> </div> <div data-bbox="727 1184 922 1430">  </div> <div data-bbox="503 1451 915 1541" data-label="Text"> <p>Aim is to keep your SEA-SAW LEVEL. Pictures above show how you CORRECT sea-saw position.</p> </div>	<div data-bbox="951 415 1125 445" data-label="Section-Header"> <h2> <p>STEP 1: Prepare</p> </h2> </div> <div data-bbox="951 445 1252 594" data-label="Text"> <p>Before you lift your leg think of getting your 3 strings in line (head, shoulders, tummy) and your sea-saw level (line from 1 hip to the other)</p> </div> <div data-bbox="951 615 1252 863" data-label="Text"> <p>Breath out: lift 1 leg up towards your tummy Remember to keep your sea-saw level: If right side goes down, lift it up. Keep leg you are standing on straight: DO NOT BEND YOUR KNEE. Think of pushing though the heel you are standing on</p> </div> <div data-bbox="951 884 1230 936" data-label="Section-Header"> <h2> <p>STEP 2: Line through nose and tummy</p> </h2> </div> <div data-bbox="951 957 1252 1136" data-label="Text"> <p>Keep a straight line from your nose through your tummy. Do not try and balance with your arms or by swaying side to side with your trunk like in the pictures</p> </div> <div data-bbox="951 1157 1252 1209" data-label="Section-Header"> <h2> <p>STEP 3: Keep thinking about your sea saw</p> </h2> </div> <div data-bbox="951 1209 1252 1570" data-label="Text"> <p>Hints: Parent can place hands lightly on side of hips: Ask: Is one side of sea-saw higher, tap the side that is higher and child does the movement to get back in line. Look to see if bum is sticking out on one side- this side of sea-saw is usually up. Child activates/squeezes bum on that side to move sea-saw. Also can think of 'lifting' sea-saw on side that is down.</p> </div>



AIM: To keep Football still with 1 foot on top
 Don't let your foot push down on the ball.
Follow the same 3 steps above








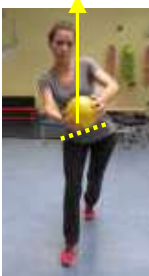
Not keeping line through centre of tummy here




Time how long you can hold this position for. Make sure you do not hold your breath.

Make sure you practice your 'harder' side more if there is a side that is more difficult.

EXERCISE 6- Big steps and little steps: Freeze like a statue

<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>1</p>  </div> <div style="text-align: center;"> <p>2</p>  </div> <div style="text-align: center;"> <p>3</p>  </div> </div>	<p>Take big steps and FREEZE at 3 points</p> <ol style="list-style-type: none"> 1. Back leg straight with heel down, front leg has knee bent. (with spot light pointing forward) 2. Back heel up, front knee straightens 3. Stand on front leg lifting back leg into air <p>Do 4 breaths OUT at each point fixing your 3 strings (back of head, shoulders and tummy)</p>
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 20px;">  <div style="border: 1px solid black; padding: 5px; margin-left: 10px; text-align: center;"> <p>String not at back of head here and back arching</p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 20px;">  <div style="border: 1px solid black; padding: 5px; margin-left: 10px; text-align: center;"> <p>Sea-saw not level here</p> </div> </div> <div style="display: flex; align-items: center;">  </div> </div>	

Need to lift sea-saw on the right side and imagine string on the back of your head to get straight line through nose and tummy.





KEEP BALL AWAY FROM
TUMMY. DON'T HOLD
AGAINST TUMMY LIKE
IN THIS PICTURE

REPEAT DOING SMALL STEPS LIKE WALKING A
TIGHT ROPE LINE ON THE FLOOR: HEEL TO
TOE

1.



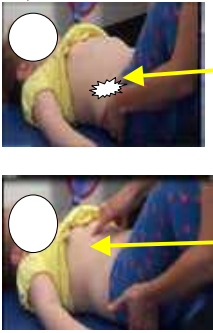
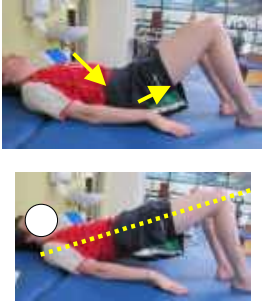

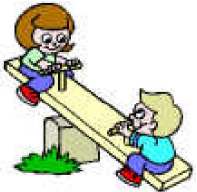
2.



2 STEPS: FREEZE AT
EACH ONE

1. Heel to toe. Breath
out and fix 3 strings
and sea-saw
2. Stand on 1 leg

Try and do 10 in a row

<p>Hip Rolls</p> 	<p>Blow out and roll your spot lights back (shine your hip bones up to your head, when you do this your bum curls off the bed)</p> <p>Keep your spotlights back and close your tummy mouth (ribs down and belly button back)</p>
<p>Full Bridge- Spine roll</p>  <div data-bbox="776 814 824 861">1</div> <div data-bbox="776 966 824 1012">2</div>	<p>Blow out: Roll up off mat (Do step above first) Imagine you are peeling selotape off the mat. Start at bum and move slowly up to the top</p>
<p>Sea- Saw</p> 	<p>Imagine a sea-saw at your hips.</p>  <p>Keep knees in alignment throughout (hips, knees and feet in line)</p> <p>Tip: push through heel of leg that is not dropping at one side</p>