

Occupational Therapy Advice



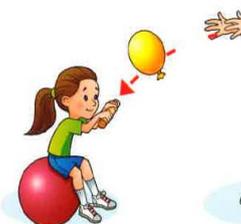
Therapy ball exercises:

Please note:

- * Activities should only be completed as demonstrated by your therapist.
- * Complete exercises in an area free from obstacles.
- * Refer to the therapy ball manufacturers guidelines for additional safety recommendations.
- * Discontinue exercises if any pain or discomfort is experienced and contact your Occupational Therapist.
- * An appropriate size ball is when the child can sit on the ball with their feet firmly on the floor with $\pm 90^\circ$ angles at their hips and knees. Your therapist can advise you on what type and size of ball will be the most appropriate. Some children may benefit from using a peanut ball which provides extra stability.

Suggested strategies and activities:

- * Let your child sit on a gym ball so their feet rest firmly on the floor. They can gently bounce up and down without lifting their feet up. You can incorporate ball/ target games, have them copy your body movements or pick up and twist to place bean bag in a box.



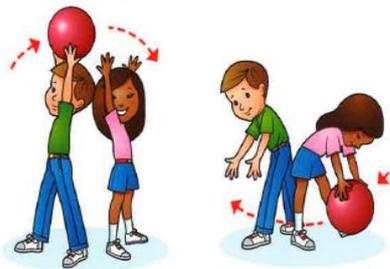
- * They may enjoy lying on the ball on their tummy and gently rocking forwards and backwards or walking off the front of the ball on their hands. Games can also be completed in this position to encourage active weight bearing through the arms e.g. use blue tack in the back of puzzle pieces to stick them onto the wall. If using a peanut ball this will provide extra stability and allow you to complete a wider variety of fine motor games in this position, such as drawing, puzzles, construction games and reading



- * Let your child bang onto the ball using both their hands. See if they can copy a sequence of drumming patterns or see how fast they can go.
- * Let your child push with both hands flat in the ball, while you push from the other side.



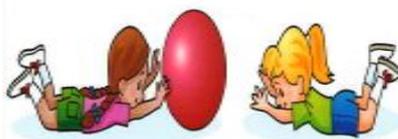
- * Encourage your child to lift the ball up on top on their head and bounce it to you. You can also try hitting the ball to each other with both hands.



- * Let your child lie down and see if you can 'squash' them with the ball (avoid the face). This is also particularly calming.



- * Ask your child to lie on their stomach with their legs open at the back. Roll the ball back and forwards to each other using both hands, so that their elbows lift slightly off the floor.



- * Ask your child to lie on their back, propping themselves up on their elbows. Get them to pull both their legs up towards their chest. Throw the ball gently them and see if they can kick it back to you using both feet.

Let us know if you have any questions!