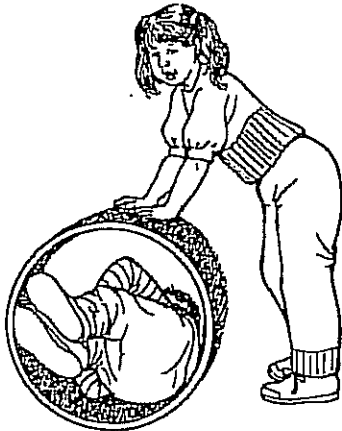


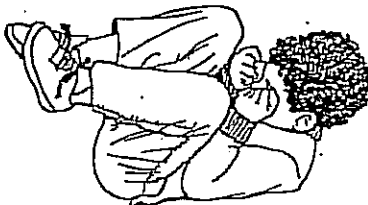
Child's Name \_\_\_\_\_

Date \_\_\_\_\_

POSTURAL CONTROL  
Gym, Playground, and Extracurricular Practice  
**TRUNK FLEXION**



*Advanced barrel activity*



*Flexor ball positioning*



*Physioball activity*

**Purpose**

To improve child's use of the muscles that result in trunk flexion

**Preparation**

If tone is abnormal, spend a few minutes working on normalizing tone before beginning this activity.

**Activities**

Any activity that requires bending forward at the trunk or "curling into a ball" is helpful. Incorporate these into classroom movement or gym activities.

1. Barrel activities. Child climbs inside a large barrel; sits in a flexed position with back against the inside curve of the barrel. Child rocks the barrel from this position, making it roll over if enough momentum is produced. Children take turns rolling the barrel and sitting inside it while it is rolled.

For a more demanding flexion activity, child crawls head first into barrel and maintains bent arms and legs during rolling.

2. Net swing. Child lies on back in flexed position while swinging or spinning in the net.
3. Flexor ball positioning. Child lies on back and pulls legs, arms, and head forward to "curl up into a little ball." Encourage child to curl up without holding legs with hands or arms. As skill improves, children can pretend to be balls or "jellybean bugs" and can rock from side to side or back and forth or roll around the room in this position.
4. Exercises that involve abdominal muscles, such as sit-ups or bicycles (child lies on back and cycles legs in the air), improve flexor strength.
5. Physioball. Child lies on back on large ball; adult provides support at the hips or knees. Child pulls trunk and head forward to see or touch adult's face.

Child's Name \_\_\_\_\_

Date \_\_\_\_\_

POSTURAL CONTROL  
Gym, Playground, and Extracurricular Practice

**TRUNK EXTENSION**

**Purpose**

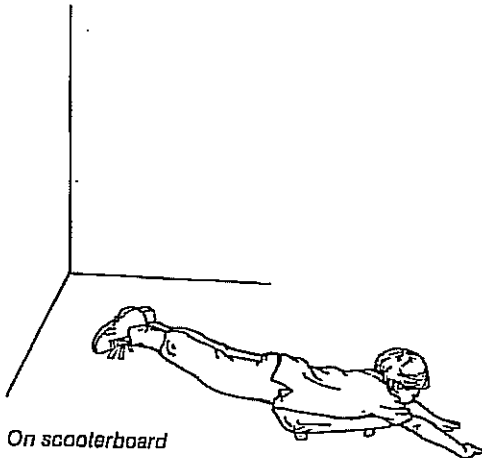
To improve child's ability to use the muscles that result in straightening the trunk

**Preparation**

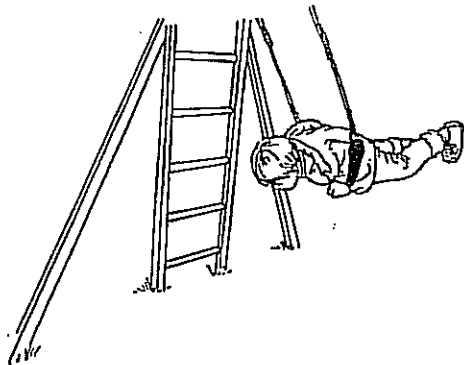
If tone is abnormal, spend a few minutes working on normalizing tone before beginning this activity.

**Activities**

Any activity that requires pulling the back into an arched position is helpful. Incorporate these into classroom movement or gym activities.



1. Scooterboard. Child lies on stomach on a scooterboard, keeping arms and legs up. Child pushes off from a wall by starting with legs bent and feet against wall, then straightens legs to propel scooterboard forward. The back is arched, the head and shoulders are raised, legs and hips are extended, and arms are either bent at the elbow to hold onto the scooterboard or held straight out in front. Child propels scooterboard as far as possible to beat previous distance records or another child's performance.



2. Swings. Child lies on stomach on a swing and runs forward. Arms are held straight out in front or used to hold onto swing; body weight rests on chest or upper abdomen. Child lifts feet off the ground and swings in this position. Soft swings or net swings work well for this.

Child maintains this position on a playground swing or net swing while throwing beanbags or balls into a bucket or at a target.



3. Prone extension positioning. Child lies on stomach and arches back and neck while pulling straight arms and legs off the ground. Child is encouraged to "fly like a bird" for increasing periods of time as skill improves, and to rock from side to side in this position.

4. Physioball. Adult provides support as child lies on back over a large ball so that gravity and the shape of the ball lengthen the muscles that flex the trunk. Child rolls onto stomach, then lies on ball; adult provides support at the hips, knees, or ankles. Adult tips ball forward so child can reach a ball placed on a chair or the floor, and then pulls child back up onto the ball so child can throw the ball at a target or into a bucket. Arching of the back and straight arms are encouraged. Exercise is repeated.

5. Wheelbarrow walking. Child arches back and holds head up while adult or another child supports legs. Child walks on straight arms and attempts to walk for longer distances or lengths of time.

**Desired Response**

Child arches back, raises head and shoulders, extends legs and hips; child maintains this position for increasing periods of time.

**Variations and Adaptations**

If child is unable to maintain this position independently, start with activities that involve passive positioning, such as lying on stomach in a net swing or hammock while throwing a beanbag. The net swing should support the child's body in an arched position from the thighs to under the arms. Progress to activities that require active holding of this position (such as the same activity on a soft playground swing) for very short periods of time.

If child sits with very rounded back, encourage sitting with arms behind trunk when watching television or engaging in group sitting activities.

Increase length of time for maintaining these positions or engaging in these activities as abilities and comfort increase.

*Use of these activities should be directed by a qualified therapist.*