

Euro-Pēds[®] 
National Center for Intensive Pediatric PT

HOME EXERCISE PROGRAM

Emily Kavanaugh



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SAMPLE

Forward Shift/Strength Activities

~ Practice 3-5 x per week for 15-30' as tolerated ~



Forward Reach with Trunk Extension:

Place a toy at Emily's feet while seated. Encourage her to reach toward it. As she shifts into her feet, you should feel her push into them to keep herself on her seat. Then, encourage her to come back up with her chin tucked (usually looking at toy from box!)



Sit to Stand: Using the same motivation as above, help shift her completely onto her feet as she reaches resulting in a BEAUTIFUL sit to stand with appropriate weight-shift and NO tone! Once she's standing, you can practice balancing in stride while she plays with toy, looks in mirror, etc.



Standing Reach and Trunk Extension:

The same activity as above can be done from standing, encouraging Emily to reach to her feet and then return to standing while keeping her chin tucked to eliminate her extensor tone. Be sure she keeps a "soft" (slightly bent) knee, as shown.

SAMPLE

Balance/Strength Activities

~ Practice 3-5 x per week for 15-30' as tolerated ~



Balance Disc: Place Emily in tall kneeling (left) or standing (right) on balance disc in front of a surface. Encourage use of both hands in play, as shown, so she is not leaning through her arms. She participates better in front of a surface, because this allows her to intermittently put her hands there to regain her balance as needed.



Balance Reactions / Core Strength on Ball: While seated on ball, shift Emily in all directions. She should lean in the opposite direction to keep herself upright. Maintain extreme positions (shown) or bounce while there to really challenge her muscles. Your contacts should be at the top of her feet or lower legs so that her leg flexors are working too. If she falls back, have her do a sit-up to start again.



You can also work on rotation by keeping one of Emily's hands weight-bearing at her side while encouraging her to reach across her body for a book, toy, etc with the other!

SAMPLE

Resisted Crawling

~ Practice often for short distances through the house on a daily basis ~



Grasp Emily's ankles and crawl behind her, as shown, resisting her by pulling back each time she pulls her leg forward. This will strengthen her hip and knee flexors and help improve her gait pattern!

Floor to/from Stand in Walker

~ Use these transitions each time she is starting or finishing walking ~



Floor to Stand: Start Emily in kneeling at walker. Encourage her to grasp both handles and pull herself up into stand in the walker. Then, guide her hands as needed to cue her to turn herself around and reach back for handle. Ta-Da! 😊 She can do this with very minimal cueing and verbal reminders.



Stand to Floor: From stand in walker, encourage Emily to reach for the floor and slowly come down onto her hands and knees. She can do this independently (close guard for safety). Good Job Emmy! 😊

SAMPLE