

Home Exercises and Activities from the OT/PT Department #11

Core Strengthening and Proximal Stability:

Have your child put their hands on the floor and their feet behind them in a plank position. Playing twister is a fun way to promote core strength.



Hand Strengthening: Using Playdough and/or silly putty, roll it out like a snake and cut it up with scissors, or practice making shapes with the rolled out dough, squeezing a handful of it really hard so it comes out between the fingers, making small balls and then squishing them.

