

Home Exercises and Activities from the OT/PT Department #16



Proximal Stability and Core Strengthening:

Bear walks to promote core strength, balance, agility and shoulder/pelvis stability.



Hand Strengthening: Penny Slot: Using a recycled container with cover, cut slits in various directions and put it on the container. Push pennies through the slots. Try having your child flip over all the pennies before putting them into the container.