

Moody School OT/PT Home exercise program

Pull ups: Tie one end of a rope or necktie to a door handle. Have your child lay on their back with their feet against the door. Walk hands up the rope; pulling into a sitting position. Then slowly walk hands back down the rope; into lying position.



While in the bathtub, use a turkey baster or a squirt bottle to spray the walls. Use a face cloth to wring out water into a small bucket.

