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HIP EXTENSIONS

Objective: To improve the function and development of the gluteal and hamstring muscles.



Hip Extensions will help to reduce the risk of lower back pain by developing the gluteal (butt) and hamstring muscles.

■ How to

- Have the child lie on their back with their knees bent, feet flat, and neck relaxed. Then have them lift their butt up so the knee, hip, and shoulder are in a straight line. Control the movement on the way down and repeat.

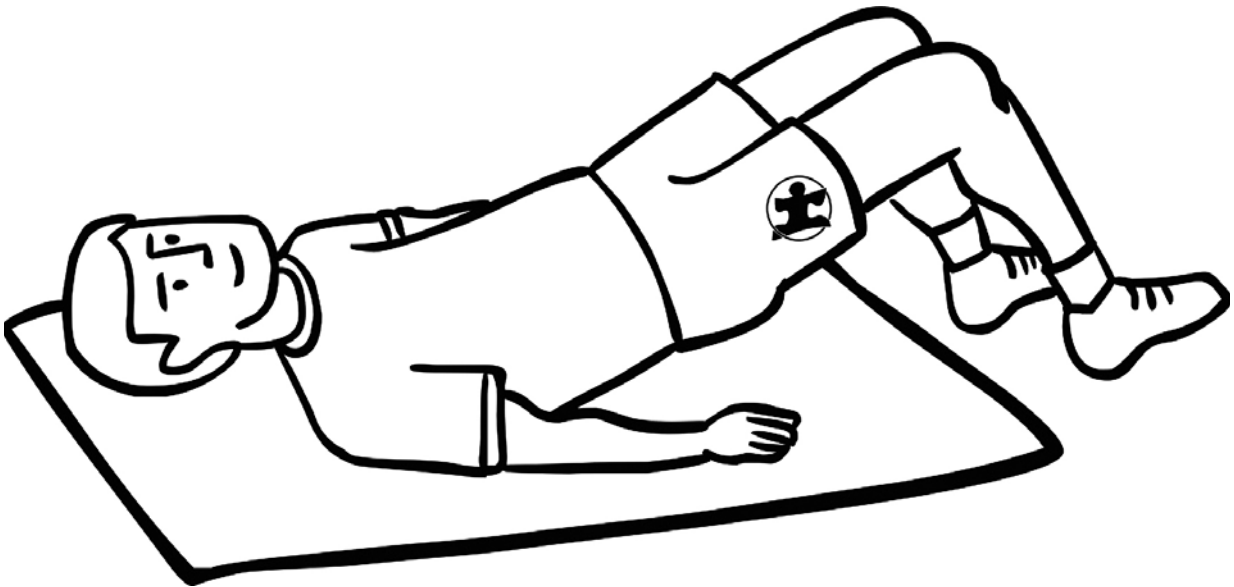
■ How many

- Perform two to four sets for 6–15 reps each.

■ Coaching tips

- Try to not let the butt hit the ground, helping to reduce the risk of injury, while challenging the muscles.
- If the child begins doing this exercise fast, that's OK, they're moving! Each time, work to make it a more controlled movement.

Hip Extensions



8–10

LOG EXERCISES

Objective: To help improve the individual's proprioception while increasing the flexibility and range of motion of the shoulder girdle.



These Log Exercises are like self-massages and can help reduce stress and tension in the neck. They are very important for our children but can also benefit mom and dad.

■ How to

- It is important that you model how to get onto the log. When the child squats down to sit on the log you may have to adjust the log during the process. It is important that the butt is on the far end of the log and that the child then lies back. The back of the head should be on the log and in a neutral position and the neck should be relaxed.

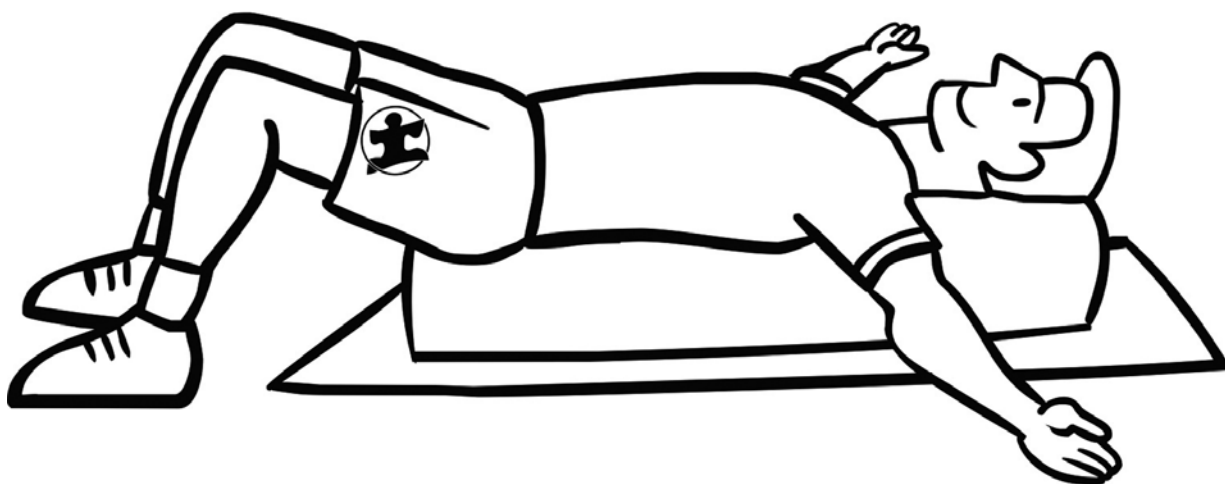
■ How many

- Begin with 30 seconds for the general stretch. If they want to stay on longer, that's fine as they are in a safe position.
- When performing the arm actions, have them do 8–12 reps.

■ Coaching tips

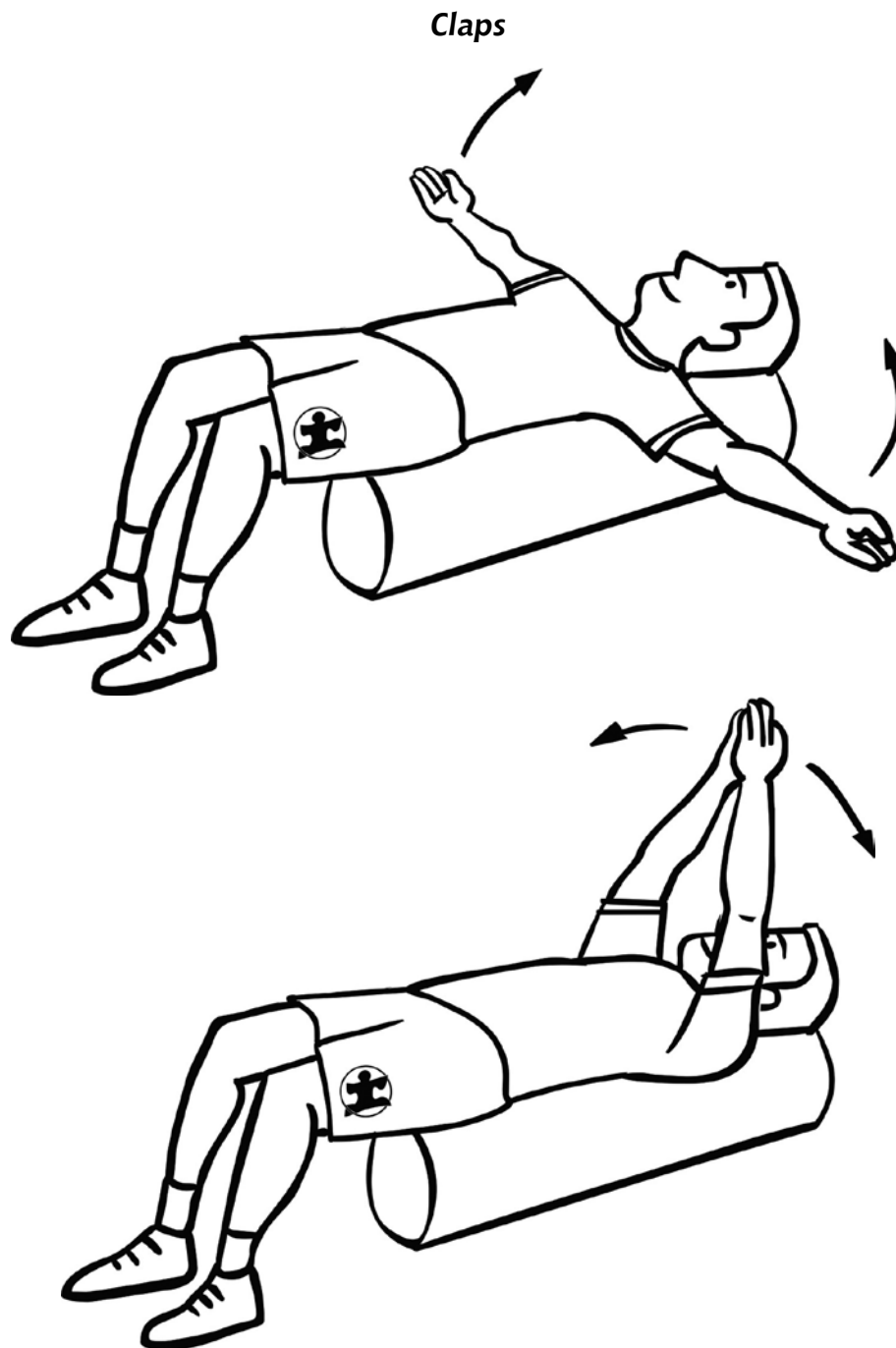
- Palms should face up.
- If the hands are not on the ground, that is OK. Don't force them down, as this means that the muscles of the neck and shoulder girdle are tight. This will happen naturally, keep practicing and watch to see the improvement.
- Make sure the neck is not arched back. You may have to prompt to get the neck into the neutral position.

Log Exercise—General Stretch

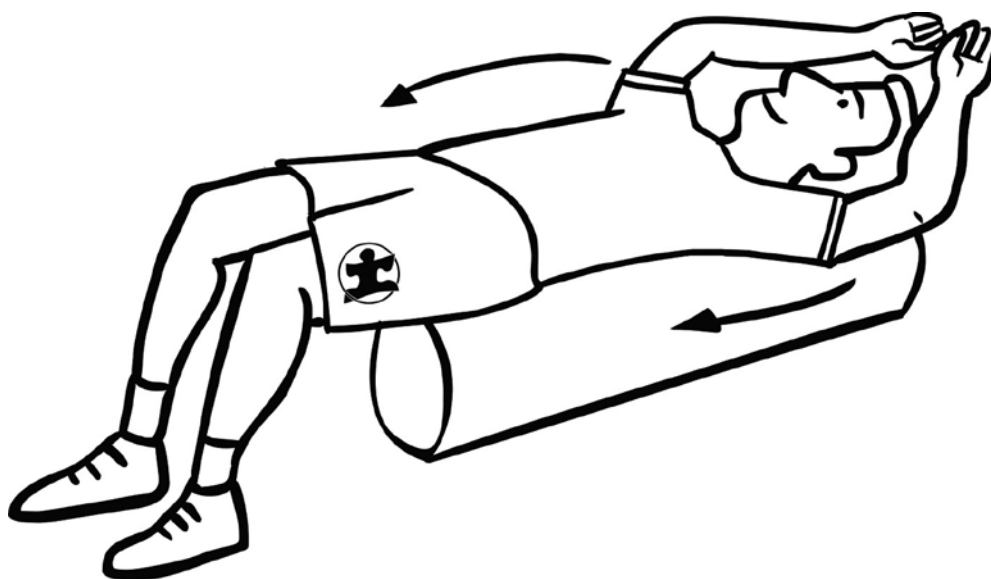
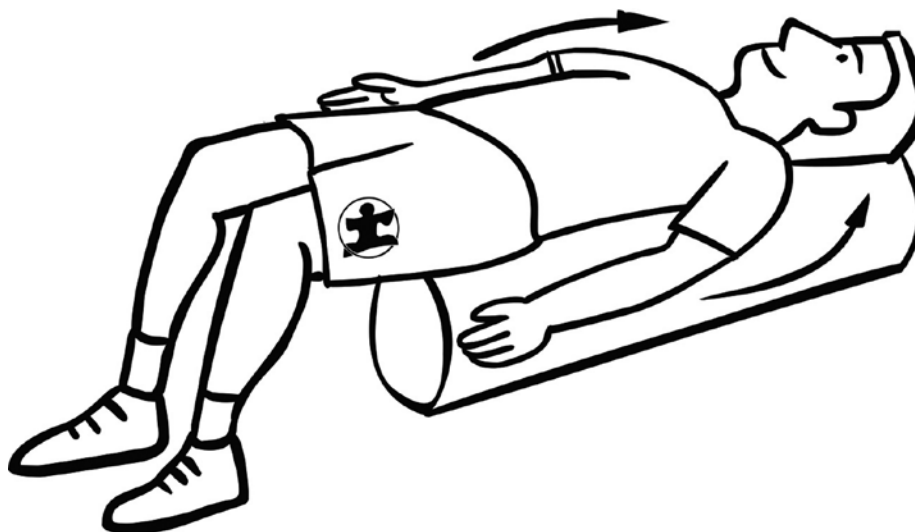


■ Claps and Angels in the Snow Coaching Tips

- To maintain stability, make sure the knees are bent, with the feet flat on the ground.
- The arm movements may take some time for child to perform, so try moving one arm at a time before using both arms.
- These exercises can be done every day before and after the workout.



Angels in the Snow



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DOWNWARD DOG

Objective: To build muscular strength and improve posture and body awareness while stretching the spine and hamstrings.



Yoga can be a great way to get younger children involved in exercise because they are typically learning about different animals.

■ How to

- Have the child begin on their hands and knees. Keep the legs about hip width apart and the arms shoulder width apart. Try to have the middle fingers parallel, pointing straight ahead.
- Have the child roll their elbows so that the eye or inner elbow is facing forward. They should inhale and curl their toes under, as if getting ready to stand on their toes, they exhale and straighten their legs, pushing upward with their arms.
- Weight should be evenly distributed between the hands and feet. Ask the child to hold the position for a few breaths, then come down on an exhale. Repeat several times, synchronizing with breathing: up on the exhale and down on the inhale.

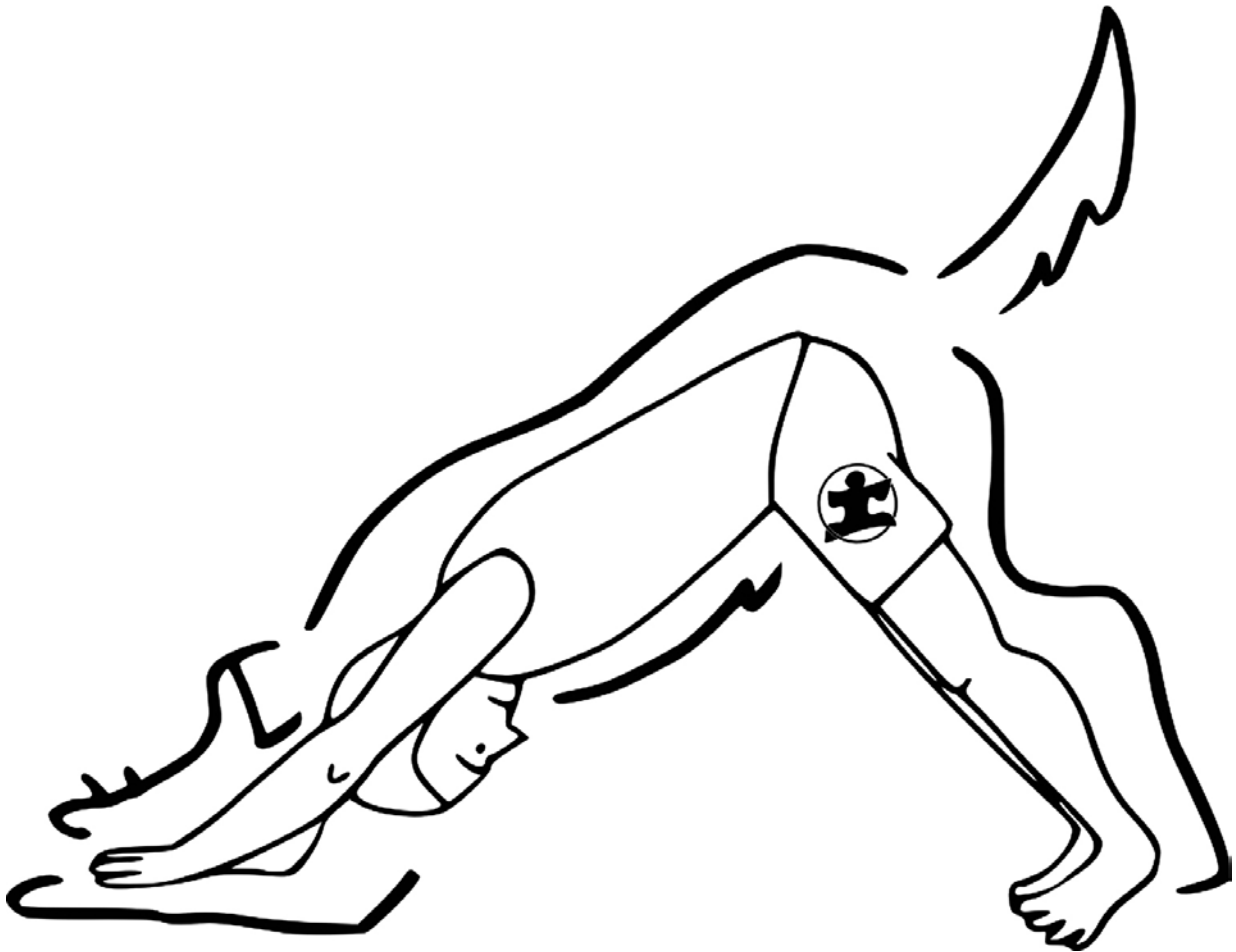
■ How many

- One to four sets of 3–30-second holds.

■ Coaching tips

- Don't let the shoulders creep up by the ears—try to keep them relaxed, you may have to prompt to get the right position.
- The goal is to lengthen the spine while keeping the legs straight and feet flat on the ground. However, in the beginning it's OK to bend the knees a bit and to keep the heels raised, especially for younger children whose bodies are still growing.

Downward Dog



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FRANKENSTEINS

Objective: To improve dynamic flexibility while crossing the midline of the body.



Another alternative to teach crossing the midline of the body and further challenging their abilities.

■ How to

- Have the child begin by standing tall, with good posture, and looking straight ahead. It is important to model the exercise, facing the child.
- Ask them to walk forward, and in doing so touch their right hand to left toe and then left hand to right toe. Model this as well.
- Try to maintain good posture.

■ How many

- One to four sets of 3–30-second holds.

■ Coaching tips

- You may have to do a lot of prompting to get them started.
- If their legs do not remain straight, that is OK, especially if they are crossing the midline.
- If they can't do it going forward, try it going backward.

Frankensteins

