

# Motor development and play in physiotherapy





Learning Knows No Bounds



*Every disability has a possibility*



Daniel and Friends Fund

REG NO: 2014/004798/08

# Advantages of exercise

- Makes heart stronger
- Lowers blood pressure
- Helps maintain a healthy weight
- Improves circulation and lung-function
- Helps with flexibility, muscle tone and bone strength
- Playing with other children improves social skills

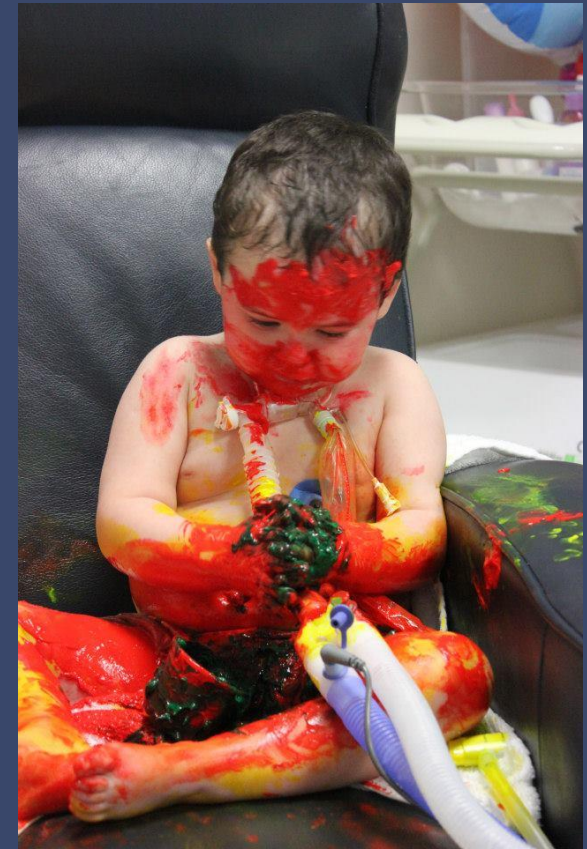


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# Play

- Every child enjoys playtime
- Make every activity fun rather than hard work – learn through play



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# Core

- Your CORE is the complex series of muscles extending far beyond your abs, including everything besides your arms and legs.
- It is incorporated in almost every movement of the human body, making CORE weakness in disabled children problematic as it influences their ability to sit, walk and perform even the most basic movement.



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# Positioning

- Correct positioning is very important. This will help your child to play more comfortably and aid him in his daily activities.
- The use of sandbags and other equipment can help make positioning easier.
- Remember to always encourage the strengthening and flexibility of the arms, legs and upper body
- Even though the correct positioning will not necessarily be the one that your child likes, begin with slow periods of time in this position so that they can get used to it. The muscles and joints will then also get used to being in that position, allowing you to gradually increase the time spent in this position.



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# Nappy changing time

- This is a good opportunity to stimulate visual, communication and sensory skills, e.g. bringing hands to feet.
- Position your child in such a way that it is possible to stimulate each side on different occasions.
- Sing to your child
- Hang mobiles and toys from the roof
- Do slow hip movements with your child



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# Movement

- It is important for every child to move, even if the child is passive and on his back most of the time.
- The vestibular system (which is responsible for coordinating movement with balance) can be stimulated by parents/caregivers/siblings during play.



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# Exercise on the roller

- Making your own roller at home:
  - Use pillows with rope and put in the pillow case
  - Wrap towel around a big coffee tin
  - Use an old mat and roll it up with a towel or pillow over



# Crawl position over the roller

- Correct positioning is very important
- Provide adequate support when necessary
- Put toys in front of child to encourage movement
- Play music and roll child slowly back and forth
- Position toys higher and sideways so that child must reach for it
- Let them carry weight in this position
- Lift arms and legs alternatively, sing with them and make it fun.

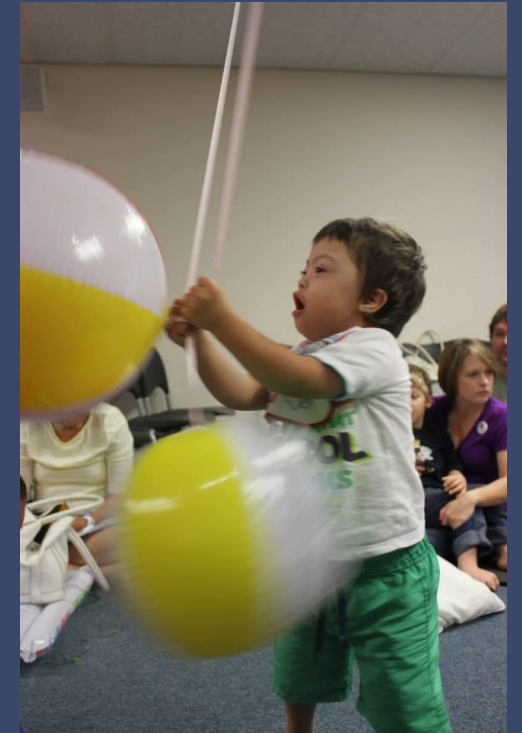


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# Exercises and play

- Hang ball from roof and hit ball
- Reach out to objects
- Make music



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- Tie hands to stick with Velcro straps and then move stick up and down, side ways etc.
- Ball exercises are excellent for strengthening of muscles.



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