

# Core Stability



Physiotherapy Advice

## Core/Postural stability

Core stability is the ability to keep an upright posture during sitting and standing. It is also the ability to keep a stable trunk during movements involving arms/legs and body.

Signs of weak core stability include

- Slumping while sitting in chair
- Leaning on furniture/other people in standing
- Fidgeting in seat & difficulty sitting still
- Difficulty paying attention
- Difficulty moving from 1 position to another, e.g. moving from sitting on the floor to standing
- Frequently sitting on 'W' position during play
- Difficulty with balance challenges e.g. jumping

## Activities



### **Bridging**

Hold the above position for as long as possible, discouraging clamping knees together or holding breath. "Bridge" should be steady & not wavering around. Play *'through the tunnel over the mountain'* with a vehicle e.g. toy car. The tunnel is under the pelvis and the mountain is across the tummy.

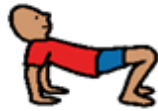
### **Hands & Knees**



Hold the above position. Aim to keep back straight and to keep steady. The child can be encouraged to maintain this position for short period of time, while completing a simple task e.g. reading a book.

Progress by lifting arm or leg straight out in front/behind as shown.

## Crab position



Hold the above position; look for control of position i.e. body not wobbling about.  
Try carrying a light object on your tummy from 1 side of the room to the other e.g. jigsaw piece, beanbag.  
Can you move forwards, backwards and sideways without dropping your tummy?

## Tall Kneeling



Look for good balance – i.e. steadiness of position & avoidance of use of hands etc.  
The tummy should be pulled in and the back kept straight. Hold position for as long as possible. Child can complete a jigsaw / board game in this position at low table / coffee table.

Can you walk forwards on your knees? Try walking backwards or sideways in this position.

## ½ Kneeling

Balance in this position for count of 10. (Swap over to bring other foot forward).

Progression for the above 2 positions – try to throw and catch a ball with a partner, while maintaining their balance.

Play statues in these positions

## Hedgehog Curls

Curl up into ball with **head off mat**.

Try to hold position for count of 10 without rolling over to the side.



## Superman

Hold this position, make sure knees and arms are straight and off the floor. If this is too difficult, they can start with just lifting their head and arms off the floor.



Play a game – rolling a ball between partners while keeping head/arms off the floor. Aim to increase for longer periods before a rest is required e.g. 10 - 15 rolls, etc.

## Hula hoop games

Circling hula hoop at child's waist, try circling on outstretched arms.



## Other activities to try

- Musical statues
- Crab football
- Obstacle courses
- Swimming
- Cycling
- Rolling with arms & legs outstretched
- Wheelbarrow races
- Animal walks e.g. bear



