

Supporting Students at home with Postural Challenges, Low Muscle tone, Joint Laxity

“Change positions often”

“Both Side Both Ways”

Sitting:

- Square sitting in chair with feet supported on stool/sturdy box, pelvis supported on firm surface, elevate pelvis on firm pillow or yoga block, disc or wedge cushion
- Sit on yoga ball
- Sit on stool with activity on chair seat
- Butterfly/circle sitting and diamond sitting. Support knees with towel roll/pillows/stuffed animal
- Side sitting: Both feet to one direction. Use trunk support/side of couch/raised surface
- Support spine, against wall/inside corner, with pillows/rolled up blanket
- Avoid “W” sitting
- Limit deep squat or sitting on feet very long

On Belly:

- Support chest with pillow or towel roll
- Play over edge of couch/bench/bed

On Back:

- Under table or in large box
- Support under knees
- May need extra cushion under hips/spine

Sidelying:

- Cushion/towel roll/stuffed animal under bottom shoulder/ribs
- Head may need to be supported on difficult side
- Pillow between knees

Tall kneeling:

- Want knees closer together and hips up
- Avoid leaning tummy on surface too much
- Padding under knees (especially if wearing foot orthotics)

Half kneeling:

- Avoid hanging on ligaments/bones or propping body up with legs/arms
- Hips up off foot

Standing:

- On floor
- On small stool
- One foot up on stool
- Wear inside supportive shoes/sneakers

“Move your fluids”

Big body movements before and in between activities.

- Jumping like bunny, jumping jacks
- Frog jumps
- Hop on one leg
- Run in place
- ‘Head, shoulders, knees, toes’
- ‘I’m a little tea pot’, etc.
- Dance party/Freeze dance
- Roll multiple times in each direction (‘10 in the bed’)
- Creep on hands and knees pretending to be animals
- Lie on back and pretend to ride bike/run
- Lie on tummy and pretend to swim
- Wheelbarrow walk over big bouncy ball
- Bear walk on hands and feet
- Walk/creep Up/down stairs
- Yoga
- Go Noodle type activity

“Both Side Both Ways”

Heidi’s Therapy PLC

Heidi Wilhelm PT, DPT