

# Physical Therapy Home Exercise Program:

## Caution-Please Read Before You Begin

- \*All activities are to be performed at your own risk.
- \*Adult supervision is recommended for every activity in this packet. Please decide based on each individual activity if it is appropriate for your own child.
- \*Before beginning ensure that your area is free of hazards, such as sharp corners, jutting objects, etc.
- \*A folded blanket gives a softer landing pad in the event of a fall. Always be near to your child to catch him or her if he or she tumbles.
- \* Don't push your child to the point of pain. Stop if pain arises.
- \*Control is very important. Doing these exercises/activities slowly will get the muscles to work harder. If your child is struggling slow it down. The best exercise is a correct exercise rather than a sloppy movement.

As a parent of \_\_\_\_\_, I attest that these activities have been completed weekly (at a minimum) while said child was home from school due to closures.

Parent signature \_\_\_\_\_

Date \_\_\_\_\_

Please contact your physical therapist through the following emails if you have any questions:

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## Physical Therapy Instructional Page

### Week 1:

1. Pick 6 of the exercise cards and complete the activities
2. Play the Spell Your Name Game and spell out your first name then complete the activities.
3. Play the fitness bingo movement cards. Choose a row across, or a row down, or a diagonal row and complete the movements.

### Week 2:

- 1 Pick 6 of the exercise cards and complete the activities
- 2 Play the Spell Your Name Game and spell out your last name then complete the activities.
- 3 Play the fitness bingo movement cards. Choose a different row across, or down, or diagonally and complete the movements.

Don't forget to play and have fun while you are at home!

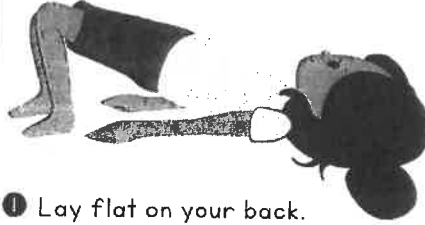
# SUPERMAN



- 1 Lay on your stomach.
- 2 Raise chin and head off floor.
- 3 Lift up and straighten your arms close to your ears.
- 4 Lift up and straighten your legs off the floor.
- 5 Hold this position.

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# BRIDGE



- 1 Lay flat on your back.
- 2 Bend your knees and keep your feet flat on the floor.
- 3 Place your arms straight at your side, palms flat on the floor.
- 3 Push through your heels and lift your bottom up off the floor.
- 4 Hold this position.

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# POPCORN



- 1 Lay flat on your back.
- 2 Bring knees to chest.
- 3 Lift up your head, keeping your eyes close to your knees.
- 4 Cross both arms across your chest.
- 5 Hold this position.

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# ONE-HALF KNEEL



- 1 Kneel down on one knee.
- 2 Place your other foot flat on the floor in front of you.
- 3 Keep your back straight.
- 4 Hold this position.

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# SQUAT



- 1 Stand with your head facing forward.
- 2 Place feet flat on the floor, shoulder width apart.
- 3 Keep your hands in front of you.
- 4 Move your body down, bending your knees.
- 4 Pretend you are sitting in an imaginary chair.
- 5 Hold this position.

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# TALL KNEEL



- 1 Kneel down on both knees.
- 2 Keep your back straight.
- 3 Hold this position.

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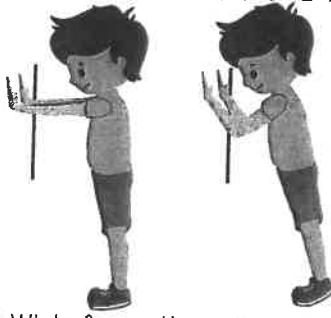
# DONKEY KICKS



- 1 Kneel on the floor with your elbows straight.
- 2 Slowly kick one leg straight back, keeping your knee straight.
- 3 Lift the opposite side arm straight up, keeping your elbow straight.
- 4 Hold this position.

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# WALL PUSH UPS



- 1 While facing the wall stand an arms length away.
- 2 Place your palms on the wall.
- 3 Slowly lean towards wall by bending your elbows.
- 4 Push your body back with your hands into a standing position.

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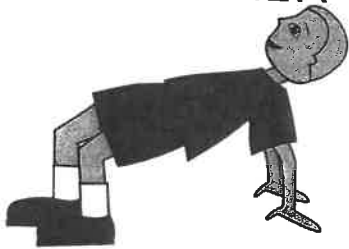
# PLANK



- 1 Lay on your stomach.
- 2 Place your hands shoulder width apart flat on the floor.
- 3 Push up on your hands to straighten your arms.
- 4 Lift up your body, keeping on your toes.
- 5 Hold this position.

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# CRAB WALK



- 1 In a squatting position reach backwards with your arms and put both hands flat on the floor behind you.
- 2 Raise up bottom until your head, neck, and body are in a straight line.
- 3 Move forward, backwards, or sideways.

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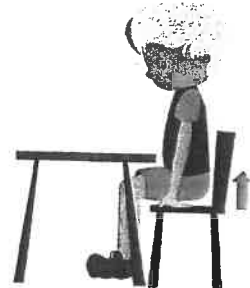
# SIT UPS



- 1 Lay on your back with your knees bent and feet flat on the floor.
- 2 Place your finger tips behind your ears with your elbows out to the side.
- 3 Raise your body up towards your knees.
- 4 Hold this position.

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# CHAIR PUSH UPS



- 1 Sit up nice and tall in your chair with your feet flat on the floor.
- 2 Place each hand flat on the seat of your chair.
- 3 Push down with your hands while trying to lift your body up and off the chair.
- 4 Hold this position.

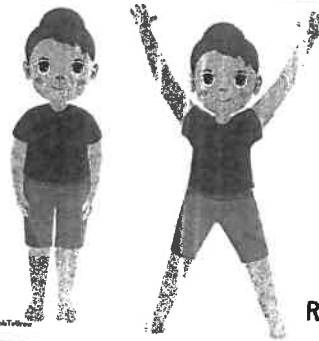
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# OPPOSITE SIDE SCISSOR JACKS



- ✓ Using a line on the floor for a visual marker, stand with one foot in front of the line and one foot behind the line, feet facing forward and hands at sides (right arm alongside left leg and left arm alongside right leg).
  - ✓ Jump up and switch arms/legs in a scissor fashion.
  - ✓ Jump arms/legs back to starting position.
- Repeat \_\_\_\_\_ times.

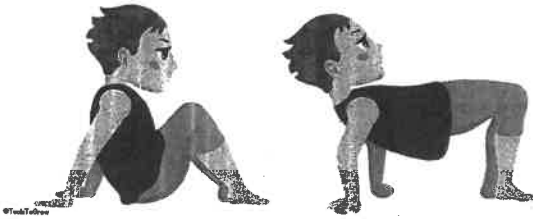
# JUMPING JACKS



- ✓ Start by standing with feet together on a shape or marked area, arms down at sides.
- ✓ Jump feet open (feet off of the shape/marker) while opening arms up overhead, then jump feet closed while bringing arms back to sides.

Repeat \_\_\_\_\_ times.

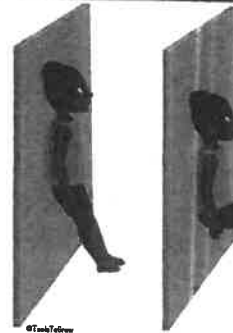
# TABLES



Sitting on floor with feet and hands flat on the floor and belly facing up, lift bottom off of the floor to make a flat table with your body. Hold for a count of 3 and return to starting position.

Repeat \_\_\_\_\_ times.

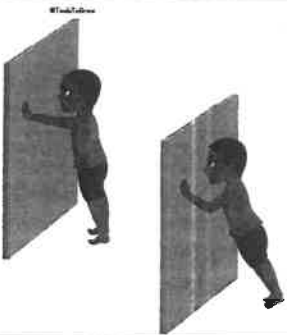
# WALL SQUATS



- ✓ Stand with your back against the wall and feet about one foot from the wall.
- ✓ Slowly slide your back down the wall, pretending to sit in an invisible chair.
- ✓ Hold for a count of three.
- ✓ Make sure to keep your back and shoulders against the wall.
- ✓ Slide back up into standing.

Repeat \_\_\_\_\_ times.

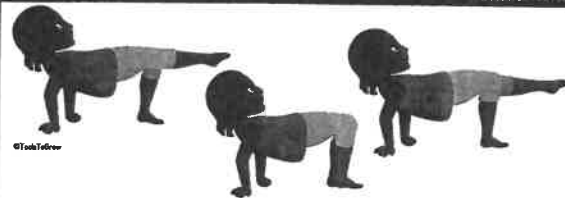
# WALL PUSH-UPS



- ✓ Stand on arms length away from a wall with feet firmly planted on the floor shoulder width apart.
- ✓ Place both hands, fingers facing up, on the wall in front of you at shoulder height.
- ✓ Bend arms, bringing your face close to the wall (keeping feet planted and body straight).
- ✓ Slowly push and straighten arms.

Repeat \_\_\_\_\_ times.

# TABLE KICKS



- ✓ Sitting on floor with feet and hands flat on floor and belly facing up, lift bottom off of the floor to make a table with your body.
- ✓ Kick one leg out and hold for a count of 3.
- ✓ Put that leg down and repeat with the other.

Repeat \_\_\_\_\_ times.

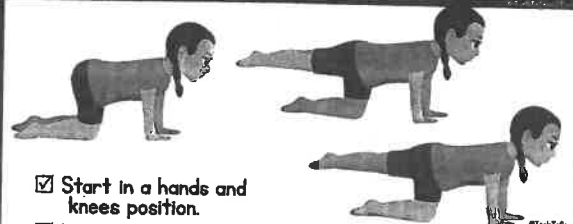
# CROSS KICKS



- ✓ Start in a hands and knees position.
- ✓ Keeping back and arms straight, kick one leg out straight behind you, lifting the opposite arm straight out in front of you.
- ✓ Hold for a count of 3 and return to starting position.
- ✓ Repeat with opposite arm/leg.

Repeat \_\_\_\_\_ times.

# DONKEY KICKS



- ✓ Start in a hands and knees position.
- ✓ Keeping back and arms straight, kick one leg out straight behind you, holding for a count of 3.
- ✓ Return to hands and knees position and repeat on the other side.

Repeat \_\_\_\_\_ times.

## The Name Game

\*Spell out your first name, middle, name, or last name and complete the activity listed for each letter. You can get creative and spell anything you want!

- A- Jump up and down 10 times
- B- Jog in place for 10 seconds
- C- Hop on one foot 5 times (choose a different foot each time)
- D- Walk like a bear for count of 10
- E- Run as fast as you can to the nearest door and back
- F- Do 5 frog jumps
- G- Walk on tip toes for 10 seconds
- H- Catch/throw a ball 5 times
- I- Walk on heels for 10 seconds
- J- Balance on your left foot for 5 seconds
- K- Balance on your right foot for 5 seconds
- L- March for a count of 15
- M- Do 10 wall pushups
- N- Walk sideways for 10 steps
- O- Jump and turn 4 times
- P- Kick a ball back and forth 8 times
- Q- Gallop like a horse for a count of 12
- R- Bounce pass a ball back and forth 6 times
- S- Reach for the sky for a count of 12
- T- Walk backward for 10 steps
- U- Skip around the room for a count of 10
- V- Fast walk to the nearest door and back
- W- Log roll for a count of 10
- X- Jump forward as far as you can
- Y- Hold a bridge position for a count of 5
- Z- 5 arm circles on each arm

# Fitness BINGO

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