

## Personal exercise program

### Weight bearing and sitting exercises for babies an...

Coventry & Warwickshire NHS PT

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Childrens Physio, Paybody Unit, Stoney Stanton Road, CV1 4FH,  
Coventry, United Kingdom

Provided for

Training start date 9/6/2024

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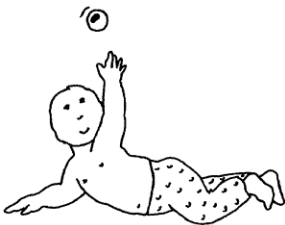


Help weightbearing and weight transference.

With child lying on front, encourage reaching forwards and sideways with right/left hand. Encourage weightbearing on the other arm.

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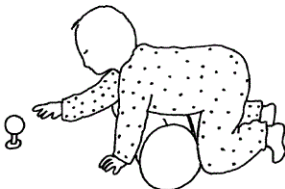


Encouraging weight transference.

Tempt child to reach for a toy which is above head.

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On all fours with a roll for support.

Ensure body weight is equally distributed. Encourage reaching for toys in different directions.

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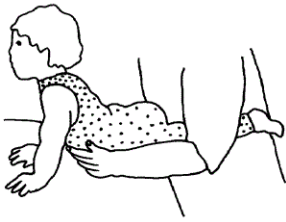


Resting/playing on front.

Use a wedge or roll to place under child's chest to encourage head control whilst lying on the front.

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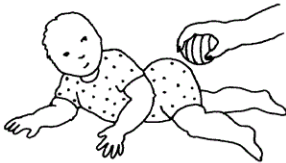
### Weightbearing on straight arms.

With a high table or surface in front of you.

Hold child around body with arms straight and hands on table. Guide child to bear weight on straight arms.

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### Side lying - sitting.

Encourage child to rotate body and lift up.

Repeat to other side.

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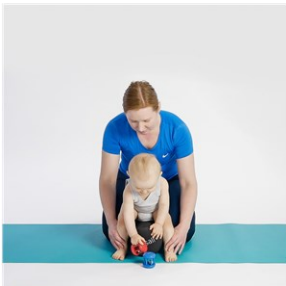
### Side Sitting Supporting on Both Hands

The child is in side sitting position and supporting on both hands. If needed, you can support the child from their arms, side, hips or legs.

This position can be used for playing. And, as the child's skills develop, you can encourage them to reach for toys from different directions, heights and distances.

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### Sitting on a Roll Reaching Forward

The child is sitting astride on a roll or over your leg. Make sure that feet are firmly on the floor, with the body weight evenly on both feet. You can support the child's position from the waist, hips, legs or ankles.

Encourage the child to reach for a toy on the floor in front of them. This position can also be used for playing.

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### Sidelying with Elbow Support

The child is lying on their side and supporting on their forearm. You can support the child's position with your hands. Encourage the child to hold their head up.

This position can be used for playing.

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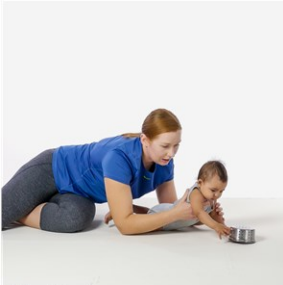


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### Side Sitting Supporting on One Hand

The child is in side sitting position and supporting on one hand. If needed, you can support the child from their arm, side, hips or legs.

This position can be used for playing. And, as the child's skills develop, you can encourage them to reach for toys from different directions, heights and distances.



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### Prone on Straight Arms and Reaching

The child is lying on their front. Encourage the child to straighten their elbows and lean on their hands.

Encourage the child to shift weight on one hand and reach for a toy in front with the other.

As the child's skills develop, encourage them to reach for toys from different directions, heights and distances.

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