

O.T. Works, Inc.
The Therapy Playce
2521 E. Market Street. Suite. A Nappanee, IN 46550
(574) 773-7733 Fax# (574) 773-7133

Activities that Build Core Strength

Prone extension refers to all of the muscles that make our body extend. The muscles located on the back side of our body. Prone is the position of the body when it is faced down on the ground.

- a. Superman- lay on your belly on the floor. Lift up your elbows, knees, and head off the floor and hold as long as you can. Repeat 5 x. Increase time held and number of reps.
- b. Lay on the floor- propped on your elbows, while playing a game, doing your homework, watching TV, and coloring.
- c. Push- ups- these can be down in the classic version, or the girl version, on your knees, increase reps to increase challenge
- d. Ball Hits- Lay in the superman position and hit a ball back and forth without allowing your elbows or knees to touch the ground. Increase reps to increase the challenge.
- e. Ins and Outs- With a large exercise ball lay across the ball on your belly, with your hands on the floor, Walk out, until you are just supported by your hands, and your shins on the ball. Then walk back until your belly is on the ball.

Supine flexion refers to all the muscles that flex our body. Usually this means the muscles in front of our body. Supine is the position of the body, lying down with the face upright,

- a. Sit-ups or crunches- the classic versions of these are just fine, just increase reps to increase the challenge
- b. Leg Lifts- Lay on your back and lift both legs about 4 inches off the floor. Hold as long as possible, Repeat, increase time held and reps to increase challenge
- c. Ball kicks- lay on the floor in supine position, Prop yourself up on your elbows, raise your legs, and bend your knees. Kick a ball rolled to you several times with both legs, without touching the ground. Increase reps to increase challenge
- d. Bicycle- Lay on the floor in supine position propped up on elbows. Pretend that you are riding a bicycle. Do this for as long as you can,
- e. Cross March- lay in supine, touch your right elbow to your left knee. Next, touch your left elbow to your right knee.
- f. Crab Walk: have the child walk like a crab, on hand and knees trying to keep their bottom off the floor.

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Postural control and motor performance: Core strength or the ability to maintain a stable trunk position, provides background support necessary to develop fine motor skills.

To Increase postural muscle strength and endurance: Swinging, jungle gyms, rope climbing, calisthenics, pulling/pushing a wagon, carrying weighted objects, scooter boards in prone lying position (on stomach) and wheelbarrow walking are fine!

Adjust the chair and table to a height suitable for the student to best perform tabletop work. (Feet touching the floor, and the table height so that the child's elbows can rest comfortably on the top without hunched shoulders.

Children with low oral and postural tone often gain more control for fine motor tasks, when given gum to chew on or hard candy to suck during writing activities. Use as permitted in the school setting.