

Tips From the Physical Therapist



Movement is very important for the health and wellness of our students

Be encouraging and assist them to do their best. The key is to have fun!

Daily Activity helps boost balance, motor function, brain function, and cognition.



What is "W"-sitting?

- When sitting on the ground, the child's bottom, knees, and feet are all touching the ground, with the feet resting outside of the knees
- When looking at the seated position from above, it resembles the letter "W"
- Hips rest in flexion, internal rotation, and adduction

"W"-sitting Solutions

1: Alternative ways to sit



- Tailor Sitting, or "Criss-Cross" Sitting: sitting with hips in flexion, abduction, and external rotation
- Long Sit: sitting with knees extended and hip flexion, with or without trunk support
- Side-Sitting: sitting with both feet to one side, with one hip in internal rotation and one hip in external rotation

- Squatting: encourages lower extremity and core strengthening
- Prone: laying on belly, supporting self on forearms
- Sitting on a Chair or Low Stool

2: Core Strengthening

- If the underlying cause of "W"-sitting is core weakness, a home exercise program aimed at strengthening the child's core will help the child feel stable in other sitting options

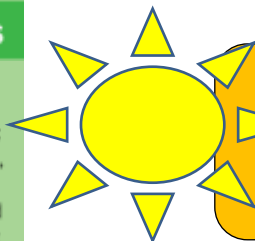
3: Hip Stretching



- Prolonged "W"-sitting can result in shortening of the hip abductors, solei, and hamstring muscles, making it difficult to achieve or maintain alternative sitting postures
- Exercises aimed at stretching muscles that have been shorted will help a child achieve alternative sitting postures

4: Repetition and Verbal Cues

- Consistency with a verbal cue will help a child associate a specific phrase with changing their sitting posture, such as "Fix your legs" or "Criss-cross- applesauce"



Activities of the Week



• Balloon Tennis

This game can be playing with in "Criss-Cross" Sitting, Tall kneeling, Half Kneeling, or Standing. You can use your hands, tennis rackets, or even create your own with paper plates! The goal of the game is to keep the balloon in the air as long as possible. This is a great gross motor activity that can involve your child's upper body, lower body and core! Bet you can get 20 touches on the balloon before it hits the ground!



• Stuff Animal Airplane

Your child will be in the "dead bug" poses. Child will lay on their back with arms and legs in the air. Try to hold for 5 -10 seconds. Now its time to let your stuff animal fly. In the same position, place the child's favorite stuffed animal on their feet and have the child hold. Child can remain in the same position or can move their legs and let the animal fly around the world. This is a great core exercise!