

Bilateral Integration Ladder

Finish

Goals

	<p>Place 1 hand on your head and 1 on your tummy; tap your head and rub your tummy at the same time, then swap to rub your head.</p> <p style="text-align: center;">↑</p>	<p>Try to do both hands on Tummy and head and then swap actions.</p>
	<p>Jump on the spot starting with opposite arm and leg forward and back. Maintain opposites throughout.</p> <p style="text-align: center;">↑</p>	<p>Try to do 20 of these starting with right leg, then 20 starting with left leg.</p>
	<p>Practice star jumps. Try legs out and in first then add arms. Start with just one then try 5 to 10 in a row.</p> <p style="text-align: center;">↑</p>	<p>10 times in a row and then speed up.</p>
	<p>Tap opposite hand to knee, start slowly and try to speed up.</p> <p style="text-align: center;">↑</p>	<p>Try to do 10 slowly and 20 quickly. Then try all 30 quickly.</p>
	<p>Practice playing patter-cake with someone clapping opposite hands, i.e. your right hand to their left and vice-versa.</p> <p style="text-align: center;">↑</p>	<p>Try to do 20 claps, speed up as you go.</p>
	<p>Practice reaching for objects on the left side of your body with your right hand and vice-versa.</p> <p style="text-align: center;">↑</p>	<p>Try to reach 5 objects on your right and 5 on your left. Try from different surface levels e.g. reach up/down.</p>

Start

These exercises are designed to promote co-ordination between the right and left side of the body. Start at the bottom of the ladder and try the activity; once you've reached the goal on the right, you can move up to

the next rung of the ladder. Use the pictures to help if you get stuck and remember regular practice will help you move up quicker.

Contact details

Children's Therapy Services
Telephone number: 0300 019 2936

For further general health-related information, please ask the relevant department for an information prescription or contact:

The Health Information Centre
Poole Hospital NHS Foundation Trust
Longfleet Road
Poole
Dorset
BH15 2JB
Telephone: 0300 019 8003

www.uhd.nhs.uk

We can supply this information in other formats, in larger print or have it translated for you. Please call the Patient Experience Team on 0300 019 8499 or email patientexperienceteam@uhd.nhs.uk for advice.

If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Experience Team on 0300 019 8499, write to the Patient Experience Team (address above) or email patientexperienceteam@uhd.nhs.uk

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