

Infant Core Stability Exercises

Tick the
required
exercise
below

1. Shoulder Bridge



- Start by lying on your back with your knees bent and your feet a little bit apart.
- Have your arms straight by your sides.
- Lift your bottom off the floor so that you are in the same position as the little girl in the picture.
- Hold for Repeat.....

2. Superman



- On your hands and knees practice lifting one arm out in front of you
- On your hands and knees practice lifting one leg out behind you
- Then Practice lifting one arm and your opposite leg so it looks like your flying like a superhero.
- Hold for..... seconds, repeat.....

3. Parcels



- Lying on your back hug your knees into your chest
- Then lift your chin and tuck it in towards your tummy
- Hold for..... seconds, repeat.....

4. Aeroplanes



- Lie on your tummy with your legs out behind you and your arms out to the side.
- Make sure you keep your knees nice and straight
- Hold for seconds, repeat.....

5. Crab walking



- Start by sitting on your bottom
- Place your hands on the floor behind you, push up and start moving
- Practice walking between rooms or playing crab football

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