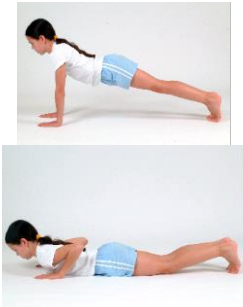







Shoulder Stability Ladder

Finish

Goals

	<p>Full press-up, as below without your knees touching the floor.</p> <p style="text-align: center;">↑</p>	<p>Try to do 15 press-ups</p>
	<p>Half press-up. Take up the position as in the picture. Make sure you are in a straight line from your head to your knees. Bend your elbows, lowering your body to the floor. Push back up.</p> <p style="text-align: center;">↑</p>	<p>Try to do 20 press-ups without letting your elbows lock out or tummy sag.</p>
	<p>Practice walking around on your hands and feet, as in the picture.</p> <p style="text-align: center;">↑</p>	<p>See if you can pick up 5 objects placed around the room and rest them on your tummy.</p>
	<p>Support yourself over a footstool or off the sofa, with your hands facing forwards. Try not to let your tummy sag or elbows lock.</p> <p style="text-align: center;">↑</p>	<p>Try to hold this position for 1 minute, and then see if you can do a puzzle or read a book.</p>
	<p>Copy the position in the picture. Make sure your hands are directly below your shoulders and your knees are directly below your hips. Lower yourself down to the position demonstrated then push up to the start position.</p> <p style="text-align: center;">↑</p>	<p>Try to do 20 press-ups without letting your tummy sag.</p>
	<p>Practice walking like a bear with your hands flat on the floor.</p> <p style="text-align: center;">↑</p>	<p>See if you can walk around a room.</p>

Start

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:

Patient Experience
University Hospitals Dorset NHS Foundation Trust
Longfleet Road
Poole
Dorset
BH15 2JB

Telephone: 0300 019 8499

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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