

# Activities to develop Shoulder Stability

## Wheelbarrow Walks

The child places his hands on the ground whilst someone holds his legs up. Slowly walk forwards like a 'wheelbarrow', keeping hands flat on the ground with fingers pointing forwards. Make sure that the child is being adequately supported according to his ability, i.e. hold at the hips if he requires more support, & just above the knees as his strength and control improves.



## Crabwalking

The child is to assume the 'crab' position i.e. seated, knees bent with feet on the ground, hands on the floor behind them. Then raise his bottom off the floor so that his tummy is flat, and the child is instructed to walk in a variety of directions i.e. forwards, backwards, sideways to the left and right in circles. A beanbag can be placed on the child's tummy to encourage postural control.



## Donkey Kicks

Place hands and feet on the floor with knees slightly bent. Using both feet at the same time, kick upwards as high as you can. Do these kicks slowly in order to maintain adequate postural control over the movements, stopping for 2 seconds between each kick. Donkey kicks can also be done on a trampoline or a sprung mattress.



## Walk up the Wall

The child stands with his back against the wall. Take one big step forwards, place hands on the floor and lift one leg to place foot on the wall. Slowly lift the other leg and attempt to climb higher up the wall using legs and feet.



## Arm Wrestles

Place hands and feet on the floor with knees slightly bent. Using both feet at the same time, kick upwards as high as you can. Do these kicks slowly in order to maintain adequate postural control over the movements, stopping for 2 seconds between each kick. Donkey kicks can also be done on a trampoline or a sprung mattress.



## Tug-of-War

Play tug-of-war using a twisted towel. Stand or sit opposite each other and see who can pull the hardest. Ensure that the child is pulling with his arms and not leaning backwards to pull with his body weight.



## Carrying Heavy Loads

The child should be encouraged to carry heavy loads such as shopping bags full of groceries, a loaded school bag or backpack, garden or household equipment etc. Pushing and pulling heavy loads such as a pram or wheelbarrow also helps to promote shoulder stability.



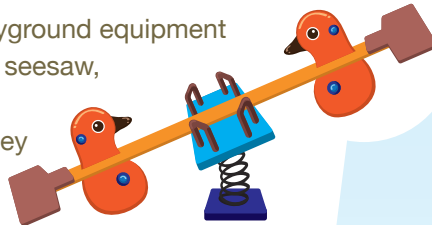
## Heavy work

This activity is ideal to do with a sibling or friend. One child sits in a large cardboard box, while the other child pushes him across the room and then pulls him back. This activity is ideally done on the grass, a carpet or slippery floor. Instead of another child sitting in the box, it can also be filled with sand bags or other heavy objects.



## Playground Equipment

Having fun on playground equipment such as swings, a seesaw, climbing frames, ladders and monkey bars is ideal for promoting shoulder stability.



## Animal Walks

The child pretends to be a dog or cat (crawls on the floor); a bear (walk on hands and feet) or tries bunny hops (jumping with hands and feet).



**Dynamics Success Centre Pte Ltd**

583 Orchard Road Forum

#07-02/03 Singapore 238884

Phone : 6100 9235

Fax : 6234 1956

Email : [inquiry@dynamics.com.sg](mailto:inquiry@dynamics.com.sg)

Website : [www.dynamics.com.sg](http://www.dynamics.com.sg)

