Category	BodyParts	xerciseNam	Purposes	SPID	Instructions	rogression	Precautions	rawingMal
					1. Ask the			
					student to			
					sit on a			
					chair of			
					suitable			
					height			
					with hips			
					and knees			
					at 90			
					degrees			
					and feet			
					flat on the			
			1. To		ground	1. Move		
			prevent		2.	the feet		
			shortenin		Encourage			
			g of the		the	away if		
			calf .		student to			
			muscles		keep the	student is		
			2. To		heel on	finding it		
		Calf	improve		the	too hard		
		muscles	active control of		ground	and then		
		stretch by	the ankle		and tap the front	gradually move	No	
	Lower	ankle	dorsiflexo		parts of	them	Precautio	
Stretching		tapping	rs	R	the feet	closer	n	
Strettming	LIIIIUS	rapping	13	0	tile leet	CIUSEI	11	

					1. ASK THE		
					student to		
					stand on		
					the		
					bottom of		
					stairs		
					2. With at		
					least one		
					hand		
					holding		
					onto the		
					handrail		1. Don't
					and facing		over
					forwards,		stretch
					student to		especially
					move the		if the
					feet back		student
					and drop		has
					the whole		altered
					body		sensation
					down		2. Helper
					3. Student		must be
					reminded		ready to
			1. To		not to		catch the
		Calf	prevent		hyper-	1.	student if
		muscles	shortenin		extend	Increase	the
		stretch by	g of the		the knees	the time	student
	Lower	using the	calf		4. Stays in	of each	loses
Stretching	Limbs	stairs	muscles	9	that posi	stretch	balance

					1. Student		
					sits on the		
					floor with		
					straight		
					legs	1.	
					2. Put the	Measure	
					middle	the	
					part of a	distance	1. Don't
					rope	between	over
					around	the soles	stretch
					the heels	and the	especially
					3. Student	closest	if the
					grasps the	distance	student
					ends of	of the	has
					the rope	grasp and	altered
					and move	then	sensation
			1. To		the hands	gradually	2. Stop
		Hamstring	prevent		closer and	works	the
		s stretch	shortenin		closer to	towards	student
		in sitting	g of the		the feet	reducing	from
	Lower	using a	hamstring		with each	the	bending
Stretching	Limbs	rope	S	7	grasp	distance	the legs

					1. Stuaent	1. Allow	
					stands on	the	
					a wedge	student to	
					with back	stand	
					of the	slightly	
					heels and	further	
					body	away from	1. Don't
					touching	the wall if	over
					the wall	the	stretch
					2. Student	student	especially
					prevented	finds it	if the
					from	too	student
					hyper-	difficult to	has
					extending	have the	altered
					the knees	back of	sensation
					by placing	the heels	2. Stop
					a roll of	touching	the
					towel	the wall	student
					behind	and then	from
					the knees	gradually	leaning
					3. Stays in	move the	forwards
		Calf			that	heels back	in the
		muscles			position	2. Use a	trunk
		stretch by	1. To		for 20	wedge	3.
		standing	prevent		seconds	with a	Encourage
		on a	shortenin		before	smaller	symmetric
		wedge	g of the		stepping	gradient	al weight
	Lower	against	calf		off the	and then	bearing on
Stretching	Limbs	wall	muscles	9	wedge	gradually	both sides

		Hamstring s stretch	g of the		1. Student sits as far back as possible against the wall with straight legs 2. Student leans as far forward as possible and hold at the most	1. Gradually get closer	
	Lower	s stretch in long	g of the hamstring		most stretched	get closer and closer	
Stretching	Limbs	sitting	S	7	position	to the feet	the legs
Stretching	Lower Limbs	Walk on heels	1. To prevent tightening of the calf muscles 2. To strengthe n the ankle dorsiflexo rs 3. To improve dynamic balance	9	1. Student practises walking on the heels over a fixed distance without losing balance	put hands on hips as he/she	1. Helper must be ready to catch the student if the student loses balance

					1. Stuaent		1. υση τ
					stands		over
					about 2		stretch
					steps		especially
					away from		if the
					the wall		student
					2. Student		has
					makes a		altered
					step		sensation
					forward		2. Make
					and places		sure that
					hands on		both feet
					wall at		are
					shoulder		pointing
					level		straight
					3. Student		forwards
					bends the		towards
					front leg		the wall
					and keeps		3. Stop
					the back		the
					leg		student
					straight	1.	from
					4. Holds in	Gradually	bending
			1. To		the most	increase	the back
			prevent		stretched	the	leg and/or
		Calf	shortenin		position	stretch by	lifting the
		muscles	g of the		for 10	leaning	heel off
	Lower	stretch in	calf		seconds	further	the
Stretching	Limbs	standing	muscles	9	before	forwards	ground
					1. Student		
					sits on a		
					mat with		
					legs bent		
					and soles		
					touching		
					each		1. Don't
					other		over
					2. Student		stretch
		l	1. To		gently		especially
		Hip	prevent		pushes	1.	if the
		adductors	shortenin		the knees	Gradually	student
		stretch in	g of the		down	increase	has
6	Lower	crouch	hip	_	towards	the	altered
Stretching	Limbs	sitting	adductors	8	the floor	stretch	sensation

					1. Ask the		
					student to		
					lie down		
					on his/her		
					back on a		
					mat		
					2. Student		
					bends on		
					leg up at		
					the hip at		
					90		
					degrees		
					3. Student		1. Don't
					holds onto		over
					the thigh		stretch
					with both		especially
					hands and		if the
					try to		student
					straighten	1.	has
					the knee	Gradually	altered
					without	increase	sensation
					moving	the time	2.
			1. To		the thigh	2.	Encourage
			prevent		4. Student	Gradually	the
			shortenin		holds in	reduce	student to
		Hamstring	-		this	the angle	keep the
	Lower	stretch on	hamstring		position	of the	bent hip
Stretching	Limbs	one side	S	1	for 10 se	knee	still

					1. Student		
					stands 2-3		
					steps		
					away from a stable		
					rail and		
					places		
					hands on		
					the rail		
					2. Student		
					slowly		
					squats	1.	
					down	Gradually	
					keeping	increase	
					the heels	the time	
					down all	to 30	
					the time	seconds	1. Helper
					3. Student	2. Do this	must be
					stays in	exercise	ready to
		Calf	1. To		the	without	catch the
		muscles	stretch		squatting	the rail as	student if
		stretch by	the tight		position	the	he/she
	Lower	supported	calf		for 10	student	loses
Stretching	Limbs	squatting	muscles	9	seconds	improves	balance

					4		
					1.		
					Students		
					stands		
					with feet		
					together		
					and slides		
					the right		
					hand		
					down the		
					side of the		
					right thigh		
					2. Student	1. Student	
					holds in	aims at	
					the	reaching	
					stretched	further	
					position	down	
					for 10	2. Remind	
					seconds	student	
		Side			and then	not to	
		stretch to	1. To		gradually	bend the	
		the right	stretch		stand	legs or	No
		in	the back		upright	lean	Precautio
Stretching	Trunk	standing	sideways	9	again	forward	n

					1.		
					Students		
					stands		
					with feet		
					together		
					and slides		
					the left		
					hand		
					down the		
					side of the		
					left thigh		
					2. Student		
					holds in	aims at	
					the	reaching	
					stretched	further	
					position	down	
					for 10	2. Remind	
					seconds	student	
					and then	not to	
		Side	1. To		gradually	bend the	
		stretch to			stand	legs or	No
		the left in	the back		upright	lean	Precautio
Stretching	Trunk	standing	sideways	9	again	forward	n

		I					1
					1. Student		
					sits on a		
					roll		
					2. Helper		
					rolls the		
					roll to the		
					left to		
					encourage the		
					student to		
					lean		
					sideways		1. Remind
					to the		the
					right		student
					3. Student		not to
					holds in		lean
					the		forward
			1. To		stretched		2. Helper
			stretch		position		must be
			the back		for 10		ready to
		Side	sideways		seconds	1.	catch the
		stretch to	2. To		and then	Gradually	student if
		the right	improve		go back to	increase	he/she
		sitting on	dynamic		the centre	the time	loses
Stretching	Trunk	a roll	balance	8	position	of stretch	balance

					1. Student		
					sits on a		
					roll		
					_		
					2. Helper		
					rolls the		
					roll to the		
					right to		
					encourage		
					the		
					student to		
					lean		1. Remind
					sideways		the
					to the left		student
					3. Student		not to
					holds in		lean
					the		forward
			1. To		stretched		2. Helper
			stretch		position		must be
			the back		for 10		ready to
		Side	sideways		seconds	1.	catch the
		stretch to	2. To		and then	Gradually	student if
		the left	improve		go back to	increase	he/she
		sitting on	dynamic		the centre	the time	loses
Stretching	Trunk	a roll	balance	8	position	of stretch	balance

		Side stretch to	1. To stretch the back sideways 2. To		1. Student sits on a chair 2. Student leans sideways to pick up	Gradually increase	1. Remind the student not to lean forward 2. Helper must be ready to catch the student if
		the right	improve		objects	student is	he/she
Stratching	Trunk	sitting on a chair	dynamic balance	0	from the floor	required	loses balance
Stretching	TTUTIK	a Clidii	Dalatice	8	11001	to pick up	Daldlice

Stretching	Trunk	Side stretch to the left sitting on a chair	1. To stretch the back sideways 2. To improve dynamic balance	8	1. Student sits on a chair 2. Student leans sideways to pick up objects from the floor	Gradually increase	1. Remind the student not to lean forward 2. Helper must be ready to catch the student if he/she loses balance
Stretching	Trunk	Crawling - Clockwise		5	1. To attain the 4-point kneeling position 2. Student crawls around an object/obj ects in a clockwise direction		No Precautio n

						1. To attain the		
						4-point kneeling		
						position 2. Student		
						crawls around an		
				To stretch		object/obj ects in an	Gradually reduce	
			Crawling -	the right		anti-	the radius	No
			Anti-	side of the		clockwise	of the	Precautio
1	Stretching	Trunk	clockwise	spine	5	direction	circle	n

awingFemale