

Category	BodyParts	ExerciseName	Purposes	SPID	Instructions	Progression	Precautions	DrawingMaterial
Stretching	Lower Limbs	Calf muscles stretch by ankle tapping	1. To prevent shortening of the calf muscles 2. To improve active control of the ankle dorsiflexors	8	1. Ask the student to sit on a chair of suitable height with hips and knees at 90 degrees and feet flat on the ground 2. Encourage the student to keep the heel on the ground and tap the front parts of the feet	1. Move the feet further away if the student is finding it too hard and then gradually move them closer	No Precaution	

Stretching	Lower Limbs	Calf muscles stretch by using the stairs	1. To prevent shortening of the calf muscles	9	1. Ask the student to stand on the bottom of stairs 2. With at least one hand holding onto the handrail and facing forwards, student to move the feet back and drop the whole body down 3. Student reminded not to hyper-extend the knees 4. Stays in that position	1. Increase the time of each stretch	1. Don't over stretch especially if the student has altered sensation 2. Helper must be ready to catch the student if the student loses balance
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Stretching	Lower Limbs	Hamstrings stretch in sitting using a rope	1. To prevent shortening of the hamstrings	7	<p>1. Student sits on the floor with straight legs</p> <p>2. Put the middle part of a rope around the heels</p> <p>3. Student grasps the ends of the rope and move the hands closer and closer to the feet with each grasp</p>	<p>1. Measure the distance between the soles and the closest distance of the grasp and then gradually works towards reducing the distance</p>	<p>1. Don't over stretch especially if the student has altered sensation</p> <p>2. Stop the student from bending the legs</p>
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Stretching	Lower Limbs	Calf muscles stretch by standing on a wedge against wall	1. To prevent shortening of the calf muscles	9	<p>1. Student stands on a wedge with back of the heels and body touching the wall</p> <p>2. Student prevented from hyper-extending the knees by placing a roll of towel behind the knees</p> <p>3. Stays in that position for 20 seconds before stepping off the wedge</p>	<p>1. Allow the student to stand slightly further away from the wall if the student finds it too difficult to have the back of the heels touching the wall and then gradually move the heels back</p> <p>2. Use a wedge with a smaller gradient and then gradually</p>	<p>1. Don't over stretch especially if the student has altered sensation</p> <p>2. Stop the student from leaning forwards in the trunk</p> <p>3. Encourage symmetrical weight bearing on both sides</p>
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Stretching	Lower Limbs	Hamstrings stretch in long sitting	1. To prevent shortening of the hamstrings	7	<p>1. Student sits as far back as possible against the wall with straight legs</p> <p>2. Student leans as far forward as possible and hold at the most stretched position</p>	1. Gradually get closer and closer to the feet	<p>1. Don't over stretch especially if the student has altered sensation</p> <p>2. Stop the student from bending the legs</p>
Stretching	Lower Limbs	Walk on heels	<p>1. To prevent tightening of the calf muscles</p> <p>2. To strengthen the ankle dorsiflexors</p> <p>3. To improve dynamic balance</p>	9	<p>1. Student practises walking on the heels over a fixed distance without losing balance</p>	<p>1. Allow to student to use arms to balance and then ask the student to put hands on hips as he/she improves</p> <p>2. Gradually increase the distance</p>	1. Helper must be ready to catch the student if the student loses balance

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

Stretching	Lower Limbs	Hamstring stretch on one side	1. To prevent shortening of the hamstrings	1	<p>1. Ask the student to lie down on his/her back on a mat</p> <p>2. Student bends one leg up at the hip at 90 degrees</p> <p>3. Student holds onto the thigh with both hands and try to straighten the knee without moving the thigh</p> <p>4. Student holds in this position for 10 seconds</p>	<p>1. Gradually increase the time</p> <p>2. Gradually reduce the angle of the knee</p>	<p>1. Don't over stretch especially if the student has altered sensation</p> <p>2. Encourage the student to keep the bent hip still</p>
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Stretching	Lower Limbs	Calf muscles stretch by supported squatting	1. To stretch the tight calf muscles	9	<p>1. Student stands 2-3 steps away from a stable rail and places hands on the rail</p> <p>2. Student slowly squats down keeping the heels down all the time</p> <p>3. Student stays in the squatting position for 10 seconds</p>	<p>1. Gradually increase the time to 30 seconds</p> <p>2. Do this exercise without the rail as the student improves</p>	1. Helper must be ready to catch the student if he/she loses balance
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Stretching	Trunk	Side stretch to the right in standing	1. To stretch the back sideways	9	<p>1. Students stands with feet together and slides the right hand down the side of the right thigh</p> <p>2. Student holds in the stretched position for 10 seconds and then gradually stand upright again</p>	<p>1. Student aims at reaching further down</p> <p>2. Remind student not to bend the legs or lean forward</p>	No Precaution
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Stretching	Trunk	Side stretch to the left in standing	1. To stretch the back sideways	9	1. Students stands with feet together and slides the left hand down the side of the left thigh 2. Student holds in the stretched position for 10 seconds and then gradually stand upright again	1. Student aims at reaching further down 2. Remind student not to bend the legs or lean forward	No Precaution
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Stretching	Trunk	Side stretch to the right sitting on a roll	<p>1. To stretch the back sideways</p> <p>2. To improve dynamic balance</p>	8	<p>1. Student sits on a roll</p> <p>2. Helper rolls the roll to the left to encourage the student to lean sideways to the right</p> <p>3. Student holds in the stretched position for 10 seconds and then go back to the centre position</p>	<p>1. Gradually increase the time of stretch</p>	<p>1. Remind the student not to lean forward</p> <p>2. Helper must be ready to catch the student if he/she loses balance</p>
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Stretching	Trunk	Side stretch to the left sitting on a roll	1. To stretch the back sideways 2. To improve dynamic balance	8	1. Student sits on a roll 2. Helper rolls the roll to the right to encourage the student to lean sideways to the left 3. Student holds in the stretched position for 10 seconds and then go back to the centre position	1. Gradually increase the time of stretch	1. Remind the student not to lean forward 2. Helper must be ready to catch the student if he/she loses balance
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Stretching	Trunk	Side stretch to the right 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	1. Gradually increase the height of the chair as student improves 2. Gradually increase the number of objects the student is required to pick up	1. Remind the student not to lean forward 2. Helper must be ready to catch the student if he/she loses balance
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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	1. Gradually increase the height of the chair as student improves 2. Gradually increase the number of objects the student is required to pick up	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	To stretch the left side of the spine	5	1. To attain the 4-point kneeling position 2. Student crawls around an object/objects in a clockwise direction	Gradually reduce the radius of the circle	No Precaution

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