

Physical Therapy Activities

A general reference guide to help keep your child active while schools are closed.

Online Movement Activity Resources:

<https://www.familyfunwincities.com/indoor-games-for-kids/>

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

<https://theinspiredtreehouse.com/occupational-and-physical-therapy-home-program-activities/>

<https://youtu.be/cvMbkw2572k>

<https://youtu.be/xELgfiXSw-s>

Cosmic Kids Yoga on youtube.

Treatment ideas for Balance:

<https://www.bigleapsct.com/single-post/2016/07/21/Treatment-Ideas-for-Balance>

Balance and coordination activities:

<https://ilslearningcorner.com/2016-10-balance-and-coordination-activities-for-attention-and-focus/>

Core strengthening exercises:

<https://www.bigleapsct.com/single-post/2016/06/21/Core-Strengthening-Exercises>

<https://theinspiredtreehouse.com/core-strengthening-activities-for-kids/>

General activities:

<http://httrlife.com/activities/ps://activef>

Ambulatory students:

If weather is nice, try to walk outdoors in the yard or on sidewalks incorporating uneven terrain, curbs or stairs with proper hand held support or supervision that's needed.

Positioning For Dependent Children:

Remember to change body position every 2 hours to relieve pressure on bony areas. Children can be positioned on their sides, prone (belly) or supine (back) by using pillows to safely prop and maintain position. This prevents development of pressure sores. Wrinkles in clothing or padding can cause extra pressure. Be sure to check bony areas for redness. If redness does not subside within 20 minutes this indicates an area susceptible to skin break down. Continue to monitor residual redness and keep weight off of those areas. If cushions get soiled, be sure to clean them as soon as possible so it minimizes any risk of skin breakdown or infection.

Bracing:

If your child uses orthotic bracing and you are familiar with their use at school and home, please continue using them as you would during a typical school week. In the event that you have a concern about the fit or wear schedule for your child, please reach out to the therapist with an email. If you do not have a contact email, please contact me at william.lynch@ouboces.org and I will connect you with their treating therapist.

Important bracing information:

- Always check skin before putting braces on, and after removing them.
- Make sure that the skin is covered with fitted socks so that no skin is in contact with the brace. Fitted socks will also reduce the chance of wrinkles that can cause uneven pressure areas.
- Shoes should fit properly over the braces. In the event new shoes are needed, make sure they are a wider fit, and most likely they will be about a size up. If the depth is an issue, you can remove the insole to create more room.
- If any wounds or irritation are present (blisters, abrasions, etc), discontinue use until the area has healed.
- A certain amount of redness is normal. Most likely you will see it along bony prominences/areas, which is indicative of pressure being distributed to correct the position of the foot and ankle. Redness should dissipate/fade after approximately 20 minutes. Any redness that does not alleviate after 30 minutes requires strict monitoring, and you should notify the therapist or the orthotist as soon as possible. If your child has been wearing the braces daily, and develops any concerning red areas, contact your child's therapist and they will be able to provide direction.
- The braces should fit snugly on your child's foot. The heel should be completely in the brace, and most braces will have a marking on the strap to where it should be pulled. If the strap is too loose, or the foot is not properly set inside the brace, it can create spaces and excessive movement that can cause uneven pressure spots that result in compromised skin integrity.
- If you are struggling to get the braces on, here are some tips:
 - Make sure the knee is flexed (bent) and this will help position the ankle into better flexion as well.
 - Be patient when positioning the foot and ankle, especially if your child has increased muscle tone that may slow the ability to flex the foot.