

**Seated Arm & Leg Activities**

Student:  
DOB:  
School:  
Date:

**General instructions: Please see video link, below.**

1. Parent should ensure the student is securely seated and parent should be with student at all times when doing these activities.
2. Student should be reminded to pay attention to the activity for better movements and for safety.
3. Tell the student what you are going to do before starting each activity.
4. Move slowly and carefully.
5. Do not push against any resistance.
6. Try each activity and pick several to do each day.
7. Work up to doing all the activities during each week.
8. Stop if student shows any signs of falling, illness, pain, shortness of breath, or any discomfort.
9. Please see activity illustrations.
10. Do each of these activities once per day, Monday through Friday.
11. Try to spend at least 5-10 minutes each day doing these activities, so the student is able to spend about 30 minutes per week on these activities.
12. Contact your physical therapist with any questions about these activities.
13. Be safe and be gentle.

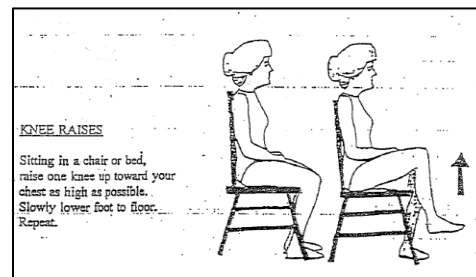
**Goal:** Student will be able to have safe supervised and assisted mobility in school and be able to participate as fully as possible in the school curriculum.

**Video of seated exercises** (Bridgeport Public Schools Microsoft Streams website): You can watch the physical therapist performing these seated exercises.

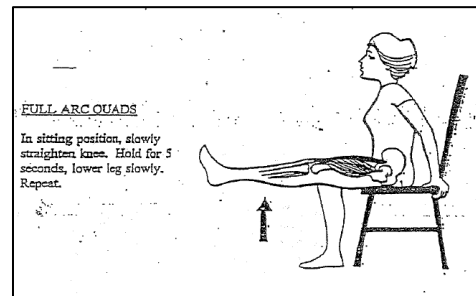
<https://web.microsoftstream.com/video/15f9d56d-8b84-4cc4-b98c-aea50e5d15a5>

**Activity 1: Seated Leg Activities**

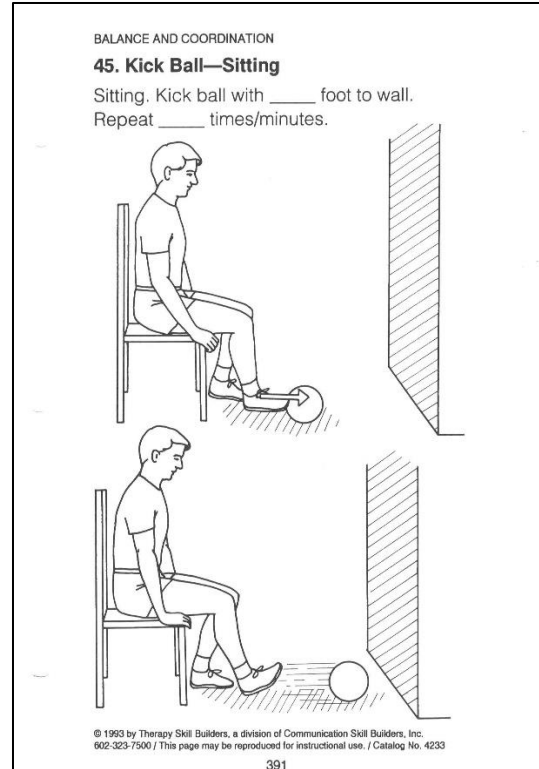
1. **Knee Raises:** Lift each knee up & down; parent may assist with moving leg if necessary; alternate left & right legs; do each leg 10 times.



2. **Straighten Leg:** Straighten each knee, moving foot up and down; parent may assist with moving leg if necessary; alternate left & right legs; do each leg 10 times.

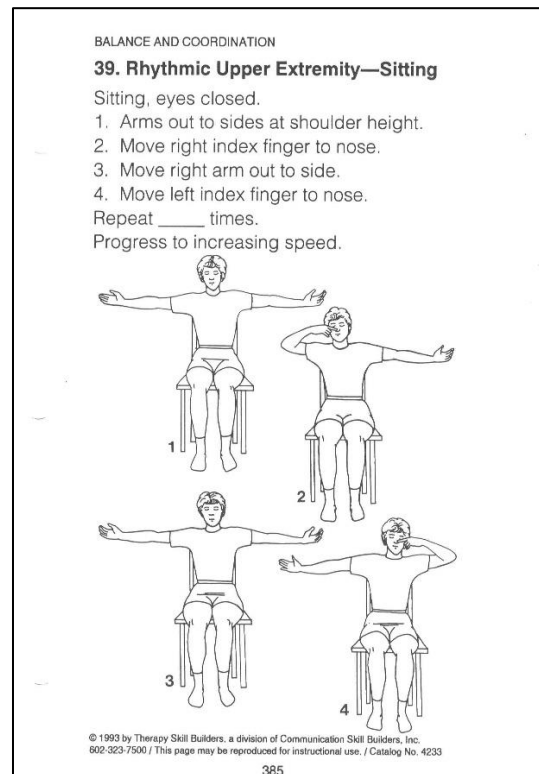


3. Seated kicking: Work on a game of kicking a slowly moving light 7" ball. Roll the ball forward slowly. Work on kicking carefully at least times in a row without missing and without falling.

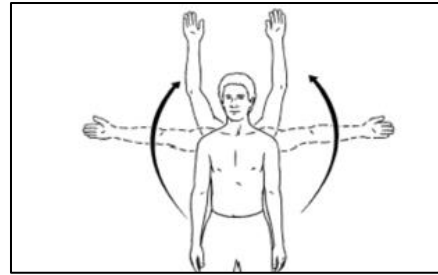


**Activity 2: Seated Arm Activities**

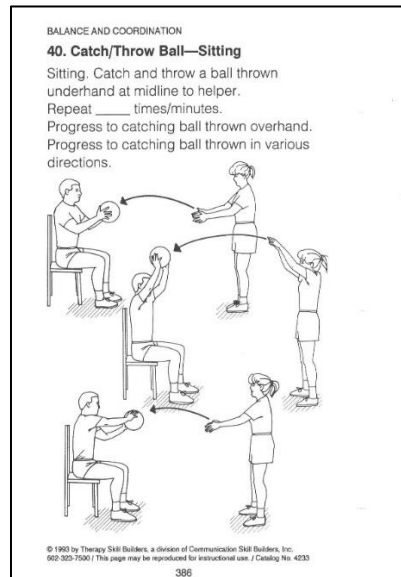
1. Seated Finger to Nose: Do this sitting in a chair; lift arms out to the side, touch nose with each hand, alternating; parent may assist with moving arms if necessary; do this 10 times.



2. Seated Arm Circles: Do this sitting in a chair; raise arms out to the side, up & down; parent may assist with moving arms if necessary; do this 10 times.



3. Seated throw and catch: Work on a game of throw and catch with a light 7” ball. Work on at least 10 cycles in a row.



4. Seated Reach-and-Touch: Assist the student to use left and/or right arms, as student is able, to reach and touch an object of interest, such as an iPad, musical toy, or other favorite object. Help the student to do as much as possible. Hold the object at different points around the student to make it challenging, but possible to touch. Do at least 10 touches with each hand, if possible.

