Physical Therapy Activity of the Week -

This week we chose some floor activities, which remind us of spring. Some of the classes are doing the butterfly and flower in their sensory motor groups as well. Help your child do these every day this week, maybe before bed time. Do each pose at least three times each and see how they improve with practice!

**Butterfly**

- **Goals:** Stretches hips and adductors and lower back. Flower strengthens core muscles.
- **How to get into the pose:** Sit with the bottom of your feet touching and reach forward or for butterfly reach your hands until your feet and lift your feet off the ground.
- **How to adapt it:** Complete butterfly in chair or on an NDT ball with trunk support.

**Flower**

- **Goals:** Abs strength and balance, hip flexion and gluteal flexibility
- **How to get into the pose:** Sitting in Butterfly, cup your hands and place them under you ankles, lift your feet up off the ground.
- **How to adapt it:** Rest feet on a towel or chair for block etc. Support back from behind.

**Butterfly and Flower**

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**Windshield Wipers**

- **Goals:** Stretches back and trunk and shoulders and hips. Left and right body awareness.
- **How to get into the pose:** Lie on the floor knees bent and arms like a “T” out to the side. Keep your shoulders on the floor and let your knees fall to one side. Breathe and lift your knees back to the middle and blow or exhale to the other side.
- **How to adapt it:** Physical prompts or handling cues

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**Windshield Wipers**