

Exercise Prescription: Rolling with Toy

Purpose of Exercise:

This exercise helps baby practice rolling patterns, both tummy to back and back to tummy, using a toy to direct eye-gaze on a diagonal and initiate the functional pattern.

Frequency:

As often as possible. Stop exercise if baby is uncomfortable or begins to cry.

Starting Position:

Baby on their tummy or baby on their back.

Exercise Description:

Use a toy to direct baby's eye gaze in the directions shown below (diagonal) to encourage initiation of functional rolling patterns.

Pictures:

