

Exercise Prescription: Quad Lock and Rock

Purpose of Exercise: This exercise aims to increase baby's comfort in a quad position and allow them to work on rocking back and forth on all hands and knees.

Frequency:

As often as possible.

Starting Position:

Sitting on your heels, place baby in a hands and knees position between your knees.

Exercise Description:

Gently hold them between your knees for support. Gently guide/facilitate rocking forward and backward with your hand on their back. Use a toy for motivation.

Pictures:

