

## Exercise Prescription: Crawling Over Object

Purpose of Exercise: This exercise increases stability and confidence in a quad position and helps baby practice lifting opposite limbs at the same time (glute and hip flexor activation/coordination).

Frequency:

As often as possible. Do this exercise during tummy time.

Starting Position:

See pictures.

Exercise Description:

Allow baby to move over your leg or couch cushion. Baby might need to start by moving over your lower leg before attempting moving over your thigh or couch cushion (increased height). You might have to help initiate the movement by guiding baby's arms up onto the object. Use toys for motivation.

Pictures:

