

## Exercise Prescription: Foot Push Off

Purpose of Exercise: This exercise works on push-off mechanics of the glutes and lower limbs to prepare for army crawling and quad crawling.

Frequency:  
As often as possible.

Starting Position:  
Baby lying on their tummy on the floor.

Exercise Description:  
Gently guide one leg into a froggy position and place your hand under baby's foot to allow them to push off of your hand. Tap the glute on the same side to stimulate glute activation and allow baby to push off of your hand, straightening their leg, and moving their body forward. Switch sides. Use toy for motivation.

Pictures:

