

Exercise Prescription: Sitting Rotational Stability

Purpose of Exercise: This exercise helps build torso rotational stability for strengthening of rolling, crawling, and sitting patterns/stability.

Frequency:

As often as possible.

Starting Position:

Baby in sitting position.

Exercise Description:

Place a toy on the floor beside Baby's hip. Support Baby in sitting position and allow them to twist their trunk to reach for the toy.

Pictures:

