Modifications:
• important to develop weight-bearing and trunk rotation

L4
Locomotor

222

Locomotor Activity 4

Hand 'Duck Walking'

Instructions:

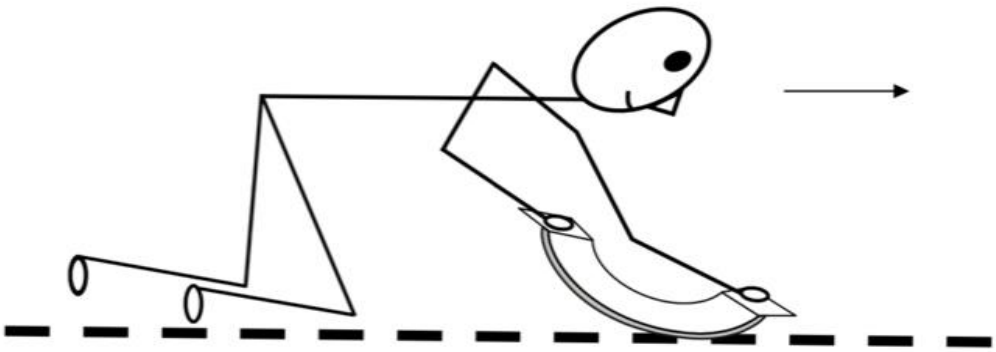
- Have the child kneel on the floor, putting his hands on opposite ends of the "Duck Walker"™.
- With his hands holding the ends, have him begin a slow crawling motion while rocking and twisting the walker forward.
- Mark a path for him to follow, or give verbal instructions as he "walks".

Performance Objectives:

- Develop motor control
- Bilateral integration and coordination
- Assist with palmar arch development

Further Suggestions:

- Can also use this position in obstacle courses or while having the child read letters and numbers on the floor.
- As the child becomes more proficient, ask him to duck walk in the same manner backwards along a marked path.



L4
Intensity Level
Level of Difficulty
Hand 'Duck Walking'

Ready Bodies, Learning Minds © 2016 by Athena Oden, PT /www.readybodies.com/ISBN 978-0-9747827-4-4