Modifications:

- inversion over your lap for comfort
- inversion during a game

Caution: Inversion can be intense. Do not proceed if child is fearful!

V4
Vestibular

Vestibular Activity 4

Tummy Roll

Instructions:

- Have the child lie over a large beach ball or therapy ball.
- Have him rock back and forth (with control!) by first pushing off with his feet, then returning by pushing off with his hands.

Performance Objectives:

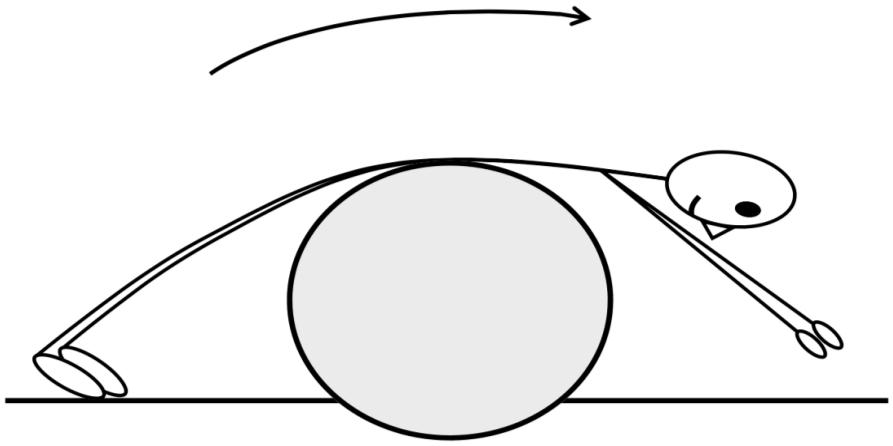
- Stimulate vestibular responses
- Develop motor control
- Stimulate proprioceptive system with weight-bearing on feet and hands
- Encourage stimulation of prone extension

Further Suggestions:

- In a similar position, have the child lie over the ball and leave his feet on the ground. Place a box in front of him and have him pick up items with both hands and place them in the box, requiring upper body and arm extension. This will help build the upper body strength necessary for sitting and writing.

Pre-K Approved

Pre-K adjustment: The ball must be an appropriate size for the child's age. An 8"-9" rubber playground ball may be sufficient.



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V4

Intensity Level

Level of Difficulty



Tummy Roll