



PhysioBiz

Welcome to PhysioBiz, with healthcare advice and information you can trust and rely on, brought to you by the South African Society of Physiotherapy!

April was a month where visuals of happy, hopping Easter bunnies overpowered our senses. With those images in mind, the SASP is hopping forward with exercises for our children.

The long-standing game where children move like animals is always a family favourite. The great news is that it also improves gross motor ability, creativity skills and teaches children to move freely.

"Movement is the starting point for wiring the brain for learning"- Gill Connell
The SASP Easter parade starts here!

Bunny hops

Two-footed jumping is a requirement for more advanced physical skills, such as hopping on one foot or jumping forward. This skill aids in developing strong leg muscles and balance.

The Flamingo

Imitating a flamingo can help children work on their balance and help engage their spatial awareness. This fun exercise can be done during ordinary daily activities such as while brushing teeth. It also helps to slow a child down and practice more controlled movements.

Be the crab

Children start off by sitting on the floor and then lifting their bottoms up while their weight is supported by their hands and feet. Once the position has been mastered, make it harder by encouraging walking in different directions. You could even tape on the floor to build an obstacle course for children to navigate. This exercise helps develop upper body strength, balance and coordination.





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The Crocodile Crawl

Have your child lay on their stomach and push up on their elbows and toes. The child then moves forward in a sidewinding manner like a crocodile. This exercise aids in the development of both upper and lower limb muscles, as well as strengthening the trunk.



Donkey kicks

For this game the child starts in the standing position, leans over and places both hands and both feet on the ground. The fun starts when you jump with your legs and kick behind you, leaving your hands on the ground. All the weight will be on your hands whilst you are kicking. This is a great game to strengthen the upper limbs.



Animal walks are a simple and fun way for anyone to get a dose of gross motor play in their day.

Let's hop to it!

To find a physiotherapist, go to www.saphysio.co.za.

