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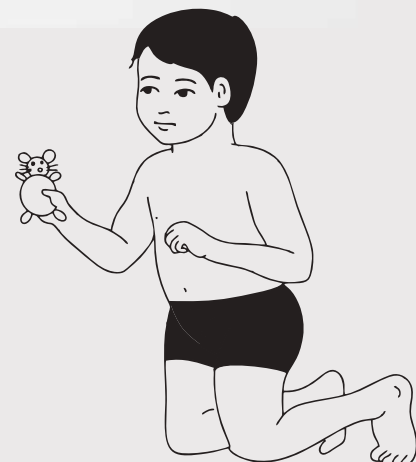
EARLY INTERVENTION FOR MOTOR PROBLEMS

KNEELING- Stiff Child

NORMAL CHILD CRAWLING

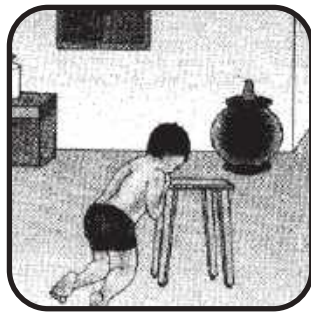
- ✧ Head and trunk are in alignment (in straight line)
- ✧ Hip held straight without arching of the back
- ✧ Weight bearing is on both knees
- ✧ Uses both hands in play or for other activities

**IF THERE IS A DELAY OR ABNORMALITY
SEEK PROFESSIONAL HELP.**



ABNORMAL POSITION

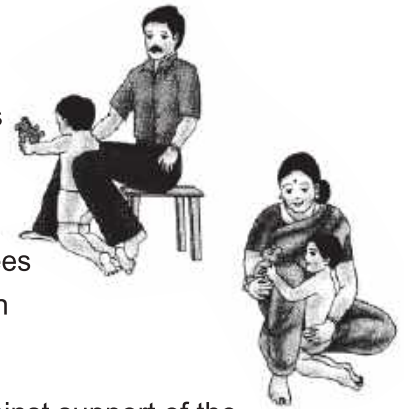
- ❖ The child kneels with trunk and head bent forwards
- ❖ Takes support on the hands
- ❖ Arms folded and held close to the body



(Stiff child)

CORRECTION

- ❖ Make the child kneel in between caregiver's legs with trunk supported
- ❖ Play with that he in such a way that he is bearing the weight on knees
- ❖ Place a pillow in between the knees in case of knock knees.
- ❖ Make the child kneel against support of the mother's leg
- ❖ Encourage weight bearing on bent knees
- ❖ Encourage weight shifting by offering toys alternately from each side



Use activities for relaxation

ABNORMAL POSITION

- ❖ The child kneels with hands held back
- ❖ Chest is pushed forwards
- ❖ Body shows stiffness
- ❖ Child arches back instead of keeping hip straight



(Stiff child)

CORRECTION

- ❖ Position the child in kneeling with front support (stool or bench)
- ❖ Support the hips by placing the caregiver's hand on both sides
- ❖ Extend the arms forward and encourage him to play



Use activities for relaxation

ACTIVITIES FOR STIMULATION

Visual Stimulation: To sustain the child in the kneeling position place a low table in front of him with some bright colored toys like cubes on the table.

Auditory Stimulation: Provide auditory stimulation to the child by placing a noise producing dangling toys on window grills or by tie string across the legs of high table and hanging the noise makers to it. When the child is in crawling position shake the noise makers so that the child is encouraged to free his hands to grasp the noise producing toy at a higher level there by coming to kneeling position.

Tactile Stimulation : Make the child kneel and help him stay in that position by supporting him between your knees. Engage him in a play with toys so that he remains in the kneeling position for a while.

Note : All the activities should be such that the child is brought into kneeling position and bears weight on the bent knees.

