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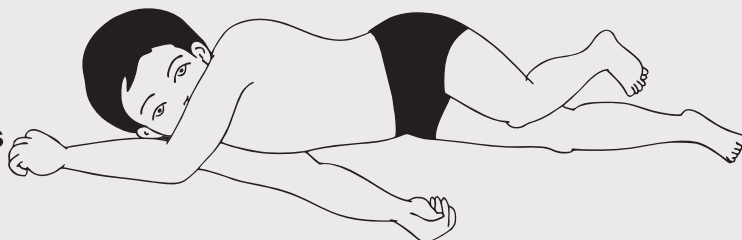
EARLY INTERVENTION FOR MOTOR PROBLEMS

ROLLING - Stiff Child

NORMAL CHILD ROLLING

- ✦ A normal child rolling from back on to the abdomen.
- ✦ Rotation twisting movement between shoulder and hips
- ✦ Movement starts with head turning to side followed by shoulder, trunk, hips and legs

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



ABNORMAL POSITION

- ❖ Child's legs are extended
- ❖ Knees may be touching each other
- ❖ Hips are slightly rolls
- ❖ When he rolls no rotation at shoulders and trunk
- ❖ Stiff rolling seen



(Stiff child)

CORRECTION

- To roll the child on the left side
- ❖ Caregiver has to hold both lower limbs bending right leg and stretching left leg.
 - ❖ Holding both legs and half turn the child to left side. Child is brought to side lying.
 - ❖ Turn the child from side lying to come on to the abdomen
 - ❖ Follow the same steps in the opposite direction to roll onto right side

Use activities for relaxation

ABNORMAL POSITION

- ❖ Child's legs are extended
- ❖ Knees may be touching each other
- ❖ Hips are slightly bent
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- ❖ Stiff rolling seen



(Stiff child)

CORRECTION

- ❖ The child is made to lie on one side with back supported.
- ❖ Legs are widely spread by placing a bolster in between the legs.



Use activities for relaxation

ACTIVITIES FOR STIMULATION

Visual Stimulation: Tie a beaded band of bright colors or black and white to the wrist on the side on which the child is lying or is to turn. Encourage the child to reach the beads with the other hand thereby guiding him to roll over.

Auditory Stimulation: Place a plate on the floor besides the child. Place a spoon in the hand, which is free, and ask the child to strike the plate with the spoon. In the process of this activity, the child should be guided to roll over.

Tactile Stimulation: Place a teddy bear or soft toy on the floor and encourage the child to reach it with hand that is free. Similarly place the ball or a toy in different directions to enable the child to reach for it, which helps in rolling over.

