



# The Ashford Rise School™ OF DALLAS



## Therapist Thoughts: Movement

Movement for the sake of movement is not enough. The quality of the movement affects function and safety for the lifespan. Starting at a young age, as early as 3-6 months, infants start integrating and using different postural reactions to maintain balance. From being able to stay on their tummy when they lose balance from their head falling to being able to stand on one foot while hopping, a child's ability to maintain their balance requires them to have a postural reaction. Balance affects so many activities both for community function and play that it is important to start early and continue to develop and progress correctly with each new motor skill. When thinking about your child's motor skills, it may be helpful to keep the following concepts in mind.

Proximal stability (or close to the center of the body/trunk) must be achieved before distal mobility (movement of arms and legs). So, if you are working with your child on progressing balance activities or functional movement (ex: independent walking, climbing stairs, hopping), they must have the static position mastered first. Before a child can master reaching and moving in and out of sitting well, they must be able to maintain static sitting with good balance. Before a child can learn to stand on one foot and move their body up a step, they must have good standing balance with a stable core without movement. Before a child can do hopscotch, they will need to demonstrate good trunk control and balance with standing on one foot without movement.

### **Rise Team Therapists:**

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