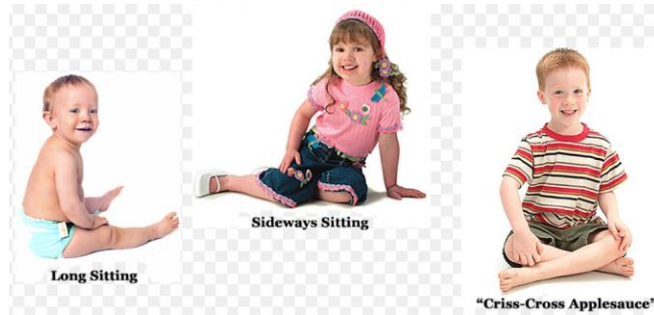



# More Core Stability in Sitting



W Sitting	Alternate Sitting Positions
<ul style="list-style-type: none"> <li>Increases stability but less mobile</li> <li>Orthopedic concerns such as hip dislocation, stresses the knee joints, stresses the ligaments, creates in toeing</li> <li>Leads to awkward (silly) walking and running pattern</li> </ul> 	<ul style="list-style-type: none"> <li>Allows for floor play exploration by crossing midline, trunk rotation, and trunk extension</li> <li>Muscle strengthening of the hips and core</li> <li>Promotes proper hip, knee, and foot alignment</li> <li>Promotes mature walking and running pattern</li> </ul>

If you find your child W sitting, help him/her move to a more appropriate sitting position by using the simple phrase **“fix your legs”**.

Moving children are learning children

\*\* **Kids Moving Forward**: a monthly gross motor newsletter presented by your NIS physical therapists