

WAYS TO INCORPORATE STRENGTHENING INTO PLAY!

Lauren Magnan, MS, OTR/L

Tall Knee Standing/Walking:

**TALL
KNEEL**



**ONE-HALF
KNEEL**



Laying on Belly (Prone) on the floor /Over a Ball:



Bear Crawl/Crawl on Hands and Knees:



Wheelbarrow Walking:

Child can be supported at the core, hips, upper leg, lower leg, or ankle.



*All photos found through Google Image search