

Soft Top Rocker Balance Board

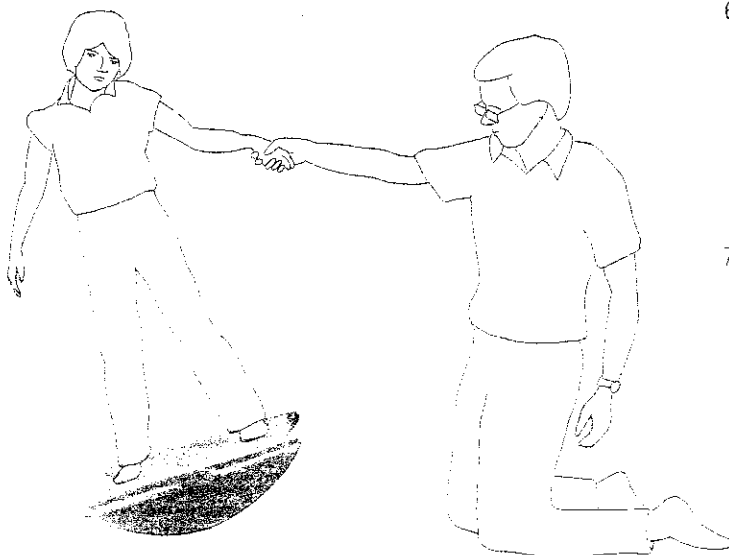
The ability to maintain balance is fundamental to advanced perceptual motor activities. Biological balance mechanisms along with vision, tactile information and proprioceptor feedback, provide the knowledge for preceiving body orientation in space. Rhythmic movements involving the entire body assist in dramatically developing this basic control.

The following activities are meant to strengthen the child's balance, sense of body awareness and spatial orientation. The expectation level of performance of any balance board activity must be geared to the capabilities of each individual child. Encouragement will help bring about a certain amount of success and skill in using the balance board. Children love music, and it is an excellent way to create a controlled background for all these balance board activities.

APPLIED USES

Develop equilibrium reaction, trunk strengthening, eye/hand coordination, and a sense of body awareness:

1. The child practices getting on and off the Soft Top Rocker Balance Board:
 - a. forward
 - b. backward
 - c. to each side
2. The child sits cross-legged on the Soft Top Rocker Balance Board as shown. The therapist rocks the child back and forth and asks the child to maintain balance.
3. Sitting on the Soft Top Rocker Balance Board, upper extremity movements (swimming movements) may be acted out alternating right and left hands and arms.



4. Sitting or kneeling, have the child roll his head to one side and focus on a target, then to the other side. Have the child roll his head in complete circles.
5. Sitting, kneeling or standing, have the child rock slowly back and forth on the Soft Top Rocker Balance Board. This slow rhythmic pattern is a fuller experience when done to a musical background.
6. Sitting or kneeling the child moves his arms in circles:
 - a. both arms in the same direction
 - b. both arms in opposition
 - c. moving one arm and then the other
 - d. moving one arm and then the other in opposition
7. Child balances on the Soft Top Rocker Balance Board, either sitting, kneeling or standing and:
 - a. folds arms on chest
 - b. raises arms above head
 - c. extends arms out to the sides (as shown)
 - d. bends down and touches toes
 - e. originates own movements