

Step Ups onto a stool

*There are many modifications for this exercise. Please consult your Physical Therapist to see what the best option for your child is along with sets and repetitions.

Have the child stand in front of a step stool or other sturdy elevated surface. Instruct child to step up with one leg and then the other. This exercise works on strength in the child's legs. To make this exercise fun you can have the child move objects from the floor and put them up on shelf. Feel free to be creative with activities your child may enjoy!

Assistance Progression

If your child is unable to perform this activity on their own, you can help them. If your child requires a lot of assistance the use of a gait belt or holding two hands may be needed. As your child improves progress to one hand and then stand by assistance.

