

the school years toolkit

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Pelvic stability

Pelvic stability is the ability to tense the muscles around your hips and pelvis, in order to secure this part of your body in preparation for movement.

Pelvic stability has an influence on the following areas:

- stabilising our body for sitting, standing and walking
- enabling balance in weight bearing positions
- allowing coordinated movements of the lower limbs.

If you have used this Advice Sheet and not seen improvement after four months, please contact CYPIT.

What you may see

A child with pelvic instability may demonstrate difficulties with:

- Balancing on one foot
- Hopping
- Running, jumping and skipping
- Negotiating steps and stairs
- Playing sports such as football
- Dancing.

Strategies and Advice

- Bridging – lie on your back on the floor, knees bent up but feet on the ground. Then, while keeping your shoulders on the ground, lift up your bottom and see how long you can hold the 'bridge' up.
- Kneeling – catch a ball in high kneeling and then half kneeling (one knee on floor and one foot on floor). Gradually position the foot on the floor closer to your body – this makes it harder! You can play other games in these kneeling positions.
- Stand with a ball under one foot – time yourself and see if you get better each time. Use each foot in turn.
- Dribble a ball – around an obstacle course, keeping your foot on the ball.
- Crawling races – pretend to be different animals and move along the floor or crawl along the floor as fast as you can, blowing a ping pong ball or cotton wool ball as you go.

Section 5 **advice** sheets

- Resisted crawling – hold onto the child’s hips or thighs and try to stop them crawling to a set point.
- Crab football – whilst resting on your hands and feet, try to lift your bottom off the floor and walk like a crab. You could try and play a game of ‘crab football’ in this position.
- Twister – the commercially available game.
- Obstacle course – on the knees or in crouching position.
- Floor contact games – call out the number 1, 2, 3 or 4 to the child and ask them to place that number of limbs on the floor (e.g. 1 = stand on one leg; 4 = knees and hands on floor, etc). Encourage the child to use as many postures as possible.
- Mouse game – help the child to build a series of tunnels with furniture, blankets etc. The game is to collect food and take it through the tunnels to your nest/home. When it is all there, you can have your picnic.
- Roller-skating – or ice-skating and cycling.

Suggested Resources

Davies Sports – Lee Fold, Hyde, Cheshire SK14 4LL

Tel: 0845 120 4515

www.daviesports.co.uk

GLS Educational Supplies Ltd – 1 Mollison Avenue, Enfield EN3 7XQ

Tel: 0208 344 4000

www.glsed.co.uk