

# PHYSICAL THERAPY

Gross Motor Concerns  
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## AREA OF CONCERN – BALANCE

- Difficulty walking on stairs, running
- Falls, trips, bumps into furniture/peers
- Difficulty sitting without tipping out of chair
- Avoiding climbing, jumping, or group gross motor play

Modifications and supports that can be implemented immediately:

1. Make sure desk and chair fit properly with feet fully supported on the floor.
2. Provide a chair with arm rests to better support posturing.
3. Remove throw rugs and small obstacles on the floor.
4. Prompt child to use railing while using stairs.
5. Verbal prompts to slow walking pace in crowded environments.
6. Provide supervision on uneven surfaces, and during playground activities.

Activities & Strategies for whole group or individual student which increase *Static and Dynamic balance skills*:

1. Balance up on tip toes, progress to arms overhead or while holding objects.
2. Play a game of who can stand on one foot the longest.
3. Tape line of the floor to practice walking on normally or in a tandem fashion.
4. Prompt upright sitting posture while in chairs, on floor, in the car, etc.
5. Any hopping and jumping play will improve postural endurance and balance reactions.

**\*ACTIVITIES SHOULD BE COMPLETED WITHIN COMFORTABLE RANGE.  
DISCONTINUE ANY ACTIVITY THAT CAUSES DISCOMFORT AND IF YOU ARE NOT  
SURE HOW TO PERFORM PROPERLY.**