

Theraband Exercises at Home

Help on Hooves
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These activities use a theraband to help support your child's strength, coordination, body awareness, posture, and motor planning in a fun and simple way.



Row the Boat

10 times

What to do:
Pull the band back like you are rowing a boat

What to do:
Hold the band in front and pull it apart with both hands.



Monster Arms

10 times

What to do:
Parent holds the band up high while child pulls it down toward chest.



Pull the Clouds Down

10 times

What to do:
Lift the band up over your head and bring it back down slowly.



Overhead Rainbow

10 times

What to do:

Pull the band down and across your body like a ninja sword move



Ninja Pulls

10 times

PARENT TIPS

Keep movements slow and controlled
Stop if your child has pain or becomes too frustrated
Provide encouragement and keep it fun
It is okay to do just 2-3 activities at a time