



M.O.V.E. Programme (Mobility Opportunities Via Education)

It is recommended that you seek advice from your physiotherapist before taking part in this session.

This session is designed for children with limited movement. If your child is seen by a physiotherapist and you have been shown passive movements and stretches to perform with your child, then this could be for you!

Some of the content may not be suitable for your child due to individual complexities i.e. tummy time, so this will have to be at your discretion or as advised by a physiotherapist.

Throughout this session we are looking to improve the range of movement in individual limbs to:

- improve muscle tone
- promote eye contact and tracking
- aid vocalisations
- support communication
- ensure independence through movement i.e. rolling, reaching, kicking etc. whilst also working hard to improve core stability and head control.

In time, as your child may require further input from physio's & occupational therapists that may issue specialist equipment such as seating and/or standing frames, all of the early intervention physical input will come together to support your child's physical requirements.

Regular and correct positioning is important for posture, comfort and function and also reduces the risk of contractures, improves quality of life and aids learning.

Most importantly, have FUN!!!

The session is music based which can be a good distraction from the exercises and has a sensory start making sure children are engaged, alert and ready. [Click here for a playlist or make up your own](#)

Smell - Essences or body sprays

Music - The Beatles - Strawberry Fields

Visual - Twirling umbrella or materials

Music - MNEK - Colour

Auditory - Tambourines or shakers

Music - Taylor Swift - Shake it off

Encourage your child to move either assisted, independently or a bit of both throughout the session. Here is a [video demonstration](#) to help you.



1. Leg stretches - I Like To Move It - Reel 2 Real

Passive physio stretches through legs. Child lying on back, knees bent and together, feet flat on floor. Slowly bend knees up to chest, 1 at a time then together. Make sure shoulders remain flat on the floor. Rotation of hip joints, up, out, in, down. Flexion through feet.

2. Rocking legs - Rock Your Body - Justin Timberlake

Child lying on back, knees bent and together, feet flat on floor. Tip knees from left to right making sure shoulders remain flat on the floor.

3. Pelvic lifts - Hips Don't Lie - Shakira

Child lying on back, knees bent and together, feet flat on floor. Support child's hips and buttocks and encourage them to lift bottom up to form a bridge then hold position. Or, encourage child to perform this exercise independently by supporting their feet. Do not allow lifting of back by pushing down on back of the head.

4. Rolling - Rolling In The Deep - Adele

Child lying on side encourage independent rolling from side to side.

5. Tummy time - Wipe Out - Surfari

From rolling, settle child comfortably onto tummy and encourage propping on forearms and head control for as long as the child is happy. A pillow can be used to support under the chest and create elevation.

6. Arm stretches – Cheerleader - OMI

Child can be in a lying or sitting position. Encourage to stretch arms above head straightening elbows, wrists and fingers.

Stretching forwards and to the sides, rotating the shoulder joints, flexing wrists and straightening fingers.

7. Independent or supported sitting - Sitting Down Here - Lene Marlin

Sitting. Support given to child as required, encouraging an upright posture and head control.

We would normally end the session with a parachute which is ok if:

A. You have a parachute.

B. You have enough hands!

Alternatively, just a nice song to relax to.

Suggested songs:

- Feeling It Still - Portugal The Man
- Havana - Camilla Cabello
- I Don't Care - Ed Sheeran & Justin Bieber
- Nothin' On you - Bruno Mars

Note - If you have access to a trampoline and another adult these stretches can also be performed with just a gentle bounce. As the second adult provides the bounce you may find your child's tone changes and this can work as an advantage making stretches easier and more tolerable. This is also a brilliant activity for communication, especially for a big bounce reward at the end!!