

Shoulder Girdle Strengthening Activities

Therapy Fun Zone

- a) Scooter Board
 - i) Pull yourself with a rope
 - ii) Push/pull against the floor to propel yourself
 - iii) Throw objects when on the scooter – superman catch and angry birds
 - iv) push away from a wall to go backwards
- b) Prone (on stomach) Swing (similar to scooter board)
 - i) Pull on a rope
 - ii) Push and pull against the floor
 - iii) Reach for objects
 - iv) Throw objects
- c) Balloon or Beach Ball
 - i) Throw in the air
 - ii) Hit back to other people
- d) Pool noodle
 - i) Throw like a javelin
 - ii) Bat at a hanging beach ball
- e) Therapy ball
 - i) Roll over it on your stomach and walk with your hands
 - ii) Roll it up the wall
 - iii) Throw it at the wall or to another person
 - iv) Pass it over your head and behind you to another person
- f) Funny walks
 - i) Crab walk
 - ii) Bear walk
 - iii) Wheelbarrow walk
- g) Vertical surface
 - i) Write on a glass door (dry erase markers)
 - ii) Bathtub painting on the shower walls
 - iii) Painting on an easel
 - iv) Sticky wall activities
 - (1) Sticky back drawer liner on the wall and stick art things onto them
 - (2) Foam pieces on mirror/window
 - (3) Squigs on a window
 - v) Velcro an activity on the wall
 - (1) Pegboard and pegs
 - (2) Velcro marble run
 - (3) Puzzle and pieces
 - (4) Magnet board