

# Leg movement training activities

## Movement training activities

These activities help with walking and lower extremity strengthening. They may be helpful for infants:

- Born early.
- Showing signs of decreased leg movements.
- Showing signs of moving one leg more than the other.

## 2 types of Activities

- Kicking
- Foot reaching

## Tips and tricks

- Gather toys before you start to play.
- Perform activities on both legs.
- Praise baby when they do the activity. i.e. "Good job", "Yay", "You did it"
- Do not leave your baby alone while they have a toy or object tied to their body.



Stop and give infant a break if they get fussy, sleepy or cry. Once they are awake and quiet try again!

## Kicking using ribbon

Start with your infant on their back and feet towards you. Attach a ribbon to your infant's ankle.

### Attach balloon or mobile to ribbon

Make sure ribbon is not too tight. If they move their leg, the balloon or mobile moves.



### Attach ribbon to infant's leg and mobile

### Attach toy to ribbon

Make sure ribbon is not too tight. Hold the toy so any leg movement will move the toy. If the infant moves their leg, shake the toy and cheer them on.



Attach ribbon to infant's leg and toy

## Kicking using toys

### Use toy or button activated toy

When your infant kicks the button or toy, turn it on.



Infant kicking switch activated toy

### Hold a toy that shakes or rattles.

When your infant kicks the toy, shake it and praise them.



Infant kicking toy

### Ways to make kicking easier

- Hold the toy low so they don't have to kick as high.
- Use a wedge or towel roll under their hips.



Hips elevated on wedge or towel roll

## Foot reaching

### How to help with foot reaching

1. Use your hand to guide their hand to the foot.
2. Help them hold their foot and explore visually.
3. Practice reaching on the same side and opposite side.



Hand over hand infant reaching for foot

### Foot reaching using toys

Use bells or rattles on the foot or ankle.



Infant reaching for foot

### Foot reaching in sitting

- Start in sitting with your infant bent forward.
- To make it harder slowly move to a more upright sitting position.



Infant bent forward in sitting

## Examples of toys



**Sock and wrist rattle**



**Wrist and ankle bells**



**Kick and play piano gym**



**Suction cup high chair toy**



**Infant rattles and ball wand**



**Light-up musical toy**



## Rehabilitation Services

**682-885-4063**

These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.

**Light up musical drum**

