

CPT Group Therapy Programs

Sitting Balance/Core Strengthening Group

Purpose

- To improve dynamic sitting balance for functional activities
- To improve performance with gross motor and ADL tasks
- Decrease fall risk
- Increase safety awareness
- Improve postural control

Admission Criteria

- Free of illness or isolation precautions
- Must have stable vital signs
- Must be able to follow at least two step directions.
- Must be able to tolerate sitting for 30-60 minutes

Objectives/Goals

- Increased balance reaction control during functional movement
- Attention to task improvement
- Teach / reinforce home exercise program
- Increase safety awareness
- Improve postural control over center of gravity and off center of gravity
- Social interaction and learning from others
- Stimulate righting reactions

Suggested Materials List

- Balls, Balloons, Beanbags, etc.
- Music
- Gait belt for each participant
- Adaptive equipment as needed
- BP kit, pulse oximeter
- Cones, Obstacles, Balance Board, Foam, Balance lines on floor

Suggested Activities

- Seated: *Ball / Beanbag Toss
- Hot Potato
- Passing objects: cones/ weights/ balls, etc
- Promote Core Strengthening:
 - Theraband around chest and tied to WC. Person slowly bends forward and contracts abdominal ms. Holds for 5 to 10 seconds. Slowly returns to back rest and repeats.
 - Seated Dance moves to music
 - Seated Yoga postures
 - Seated Tai Chi movements
- Promote pelvic strength, bladder control
 - Ball in between knees. Squeeze ball – isometric hold, tighten buttock and muscles around bladder
- Promote balance, trunk stability
 - Reach forward for object, reach to side to hand to next person
 - Objects behind person – twist to look behind and name objects – (time responses – ea person gets X min or seconds)
 - Roll large Swiss ball forward, side to side, left and right
- Promote improved posture, improved breathing, trunk/core strength
 - Sit unsupported – roll shoulders back, shoulders over hips, elongate neck and head – maintain upright posture. Add breathing exs
 - Stretch UEs to expand chest – inhale exhale to stretches – increase vital capacity