



## Balance and Strength



Have you noticed your child is clumsy? Your child trips over a lot or tends to be a little injury prone?

Do they prefer to sit down rather than stand and grumble if having to walk a long way?

Strength and control form a vital part of foot and lower limb function, particularly at a younger age.

Lack of strength will contribute to a lack of control. When we refer to strength, it's not about being able to lift heavy things. It's about having strength to support own body weight and enable moving and walking efficiency.

There are numerous tests that can be performed to assess this in children such as the Y balance test and start excursion test to name a few.

A few simple exercises can greatly assist in the improvement of such areas. This balance and strength provided the foundation for movement. Simple pointers to focus on with technique with walking and running can have profound benefits to function, performance and confidence.

Want to test your child?

Have your child stand on 1 leg , with the other leg off the ground. They may use their arms to balance.

A child up to 8 years should be able to balance for a minimum of 10 seconds.

If you have any concerns please feel free to contact our expert team or make an appointment on the link below .

**Call 9388 9999**