

Upper body strengthening activities

These are exercises your child can do to help build upper body strength. The therapist will tell you which activities your child should do and how to do them. Be sure to supervise young children when doing these activities.

- Wheelbarrow walk.
- Crab walk.
- Monkey bars.
- Tug of war.
- Lie on stomach propped on forearms. Your child can do this while reading, watching TV, or playing board games. *Alignment is important. Your therapist will also demonstrate the appropriate position.
- Wall push-ups.
- Push-ups.
- Push a shopping cart or stroller.
- Pull wagon or sled.
- Write or draw on a vertical surface like a chalk board, easel, or wall.
- Climb on playground equipment.
- Climb over and under cushions.
- Rake leaves or shovel snow.
- Yoga.
- Swim.
- Rock climb.
- Play wrestling.



*If your child bends their elbows in unusual positions, your therapist will need to teach other ways to do these activities.

ALERT: Call your child's therapist if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.