

STABILITY = MOBILITY

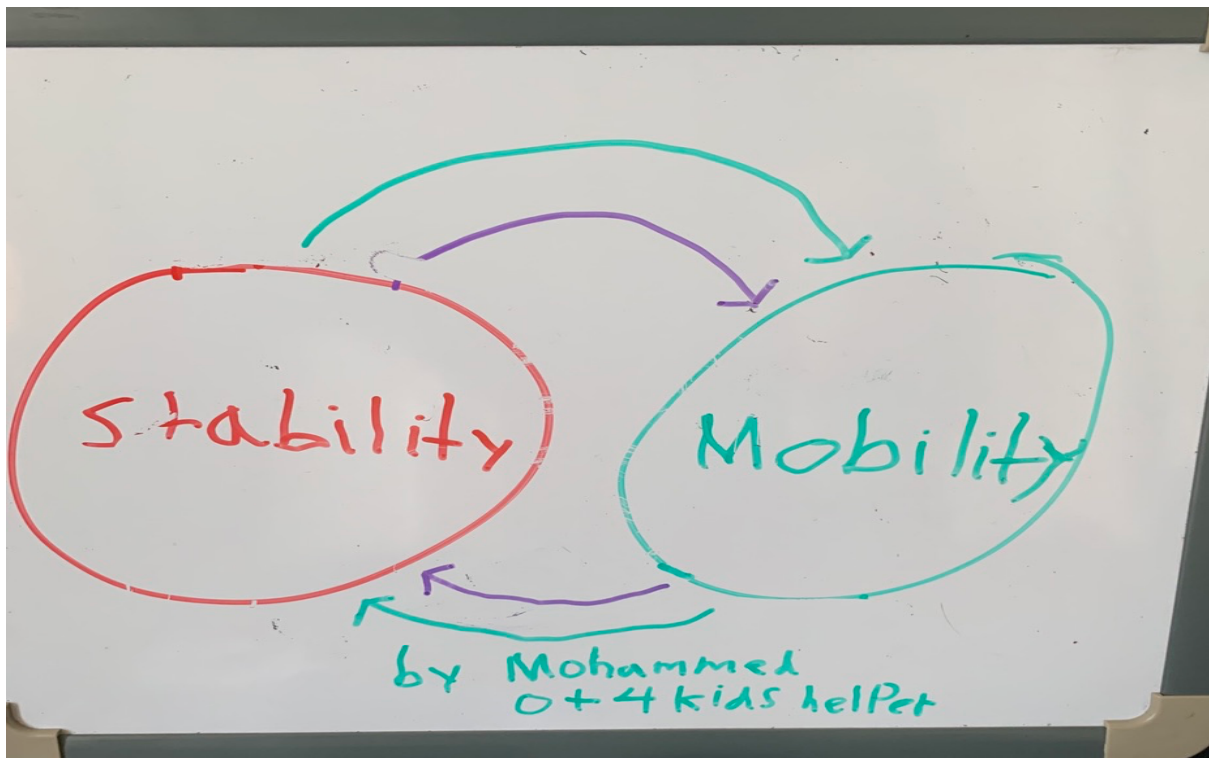
*Stability refers to sensory awareness, strength and coordination in the body to be stable.

As one develops stability in their core muscles, this will allow increased mobility in their shoulders.

As a child develops stability in their core and shoulders, this allows increased mobility along their arm.

DECREASED STABILITY = DECREASED MOBILITY

Children will often find other inefficient ways to get more stability in their body. I.e. Inefficient pencil grasps. These cause joint pain, sore hands, fatigue, resistance to writing, and messy writing.



(Thanks to my 8-year old son for the diagram above! ☺)

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