

Copied from a talk I gave when convalescing from an illness in the Homestead -365 Weld St.- West Roxbury - Mass.- about 1930. Miss Colwell made some corrections.

EX. Climbing stairs - Carry the weight crouch fashion-torso balanced-back As fold the legs /straight. Slide the whole of one foot on to a stair, easily and rhythmically.

As you slide the other foot upon the next stair leave the first stair behind. When the body is balanced over the foot on the 2nd stair place the other foot on the 3rd stair tread

Ex. Coming down stairs - Again carry the weight crouch fashion - body well balanced. Put the toe down first then the heel, using the crouch muscles.

*are psoas - iliacus and adductors*

Ex. Correct resting positions;

1. Lying on the back - knees flexed - arms at sides.
2. " " either side in the chair position.
3. " " on the abdomen - alternating cheeks - arms at sides
4. In any position an image of an imaginary tail is an axis guide line.

*getting*

*Anatomical facts can start by specific imagery of joints.*

Movements to be encouraged in nursery school play.

1. Crouching - by folding the legs - not bending the back.
2. Creeping - especially backwards.
3. Jumping attempt (just starting) using center of thigh muscles.
4. Climbing - By pushing with the feet and not pulling with the arms.

Avoid too much play that involves arm movements. The majority of children are not strong enough in pelvic and back muscles for these.

Avoid too long a time for keeping children in the standing position. A few minutes at a time is better.