

## **Appendix 1      Home exercise program**

1. Baby lies on his \_\_\_\_\_side with support under his \_\_\_\_\_ cheek. His back may be supported and toys brought close to his hands. 15 minutes
2. Baby lies on his back with his head and hips supported inside a swim ring. Head in midline position with toys touching his hands to encourage hand play. 15 minutes
3. Holding/carrying baby in a tilted position towards his \_\_\_\_\_side. Baby's back is supported against parent's abdomen. Parent's \_\_\_\_\_hand supports his chest and other hand his pelvis. This position will cause baby's neck to bend towards his \_\_\_\_\_shoulder. Hold/carry him in this position for 5 minutes.
4. Neck elongation (stretching) of the \_\_\_\_\_side. The "guitar position".  
Baby's \_\_\_\_\_cheek rests on parent's \_\_\_\_\_ forearm. Parent's hands hold baby's chest-abdomen area. Baby's back is supported against parent's abdomen. Baby's \_\_\_\_\_ ear must touch his \_\_\_\_\_shoulder to achieve full elongation. Hold this position for 10 minutes.
5. Exercise to strengthen active head rotation to the \_\_\_\_\_side. Baby lies on his back and parent rolls him through his pelvis onto his \_\_\_\_\_side until his \_\_\_\_\_cheek is resting on the surface. Parent interests baby in looking at parent's/objects. While baby's head remains rotated to the \_\_\_\_\_ parent rolls baby back onto his back. (Parent may hold baby's forehead for a few seconds to preserve the head rotation when rolling him back.) In the final position baby's \_\_\_\_\_cheek and \_\_\_\_\_shoulder are resting on the surface. Baby must remain looking to his \_\_\_\_\_side for 1 minute. Repeat exercise 10 times.
6. Exercise to strengthen lateral flexion of the neck on the \_\_\_\_\_side. Baby lies on his back and parent rolls him through his pelvis onto his \_\_\_\_\_side. Parent holds baby's back and abdomen and transfers baby's weight towards his legs and into the surface. This will cause the baby to lift his head off up the surface causing lateral neck flexion on his \_\_\_\_\_side. Parent holds this position for the count of 3. Repeat 10 times.
7. Exercise to strengthen symmetrical head- neck control. Baby lies on his tummy supported under his chest by a swim ring. His arms are over the ring in a manner that allows him to support weight on his hands and forearms. Parent supports baby's pelvis with one hand and with the swim ring in a vertical position his other hand rolls the ring to the right, causing baby to transfer his weight onto his right side and the same to the left. Parent holds baby on each side for a count of three. Repeat 10 times to each side.

**All exercises are performed 3 times a day and recorded in the Exercise Log.**