

Quadruped Reaching Activity

4-POINT QUADRUPED



Quadruped is a great position for your child to work on their core strength, upper extremity weight bearing, scapular strength, and coordination. Just having your child hold this position can be boring, down below are various activities you can have your child try while in the quadruped position.

- Have your child complete a puzzle or color a picture while on their hands and knees.
- Have your child reach out for toys (making sure to alternate hands) and then place the toy in a bucket.
- Have your child give you a high five while in this position making sure to alternate hands.
- Have your child raise one arm out straight in front and hold for a few seconds and then have them alternate arms.
- Place various toys or pictures out in front of your child while they are in the quadruped position. Have them reach out and touch the various toys while alternating hands.