

Co-ordination Training Tips

All the exercises can be done lying down with knees bent or straight. Concentrate on maintaining your core muscles engaged—buttocks tight, belly button pulled in and pelvic floor pulled up, shoulder blades pulled down and in towards hip pockets. Use that same muscular awareness in sitting or standing. Do not try to perform excessive, poor technique repetitions. Start with 3 to 5 repetitions of each. Keep breathing rhythmically. Breathe out with effort! If you can do 12 repetitions of each you might consider use of light weights and bands. Co-ordination activities are fatiguing so it may be best to do them at a different time than your strengthening or endurance activities.

Finger/Hand Co-ordination Skills:

Use the motions of clockwise, counterclockwise and figure of 8 motions of individual fingers, wrists and elbows. Practice thumb to each individual finger-make the speeds slow or fast. Also with repetitive tapping. You can draw the alphabet in the air with hand, finger, elbow or foot to make the motions more complicated.

Functional activities-art, writing, sewing, puzzle assembly, typing etc.

Hip/Knees/Ankle/Foot Co-ordination:

Hips-Slowly roll thigh in and out, bend and straighten hip. In sitting slide knee forward and back. In standing swing in circles clockwise/counterclockwise/in and out. Always think about your butt, guts and blades.

Knees- in standing-shift weight through feet, ankles, knees and hips. Think about initiating from the feet and think about initiating from the hips. You will notice different muscles respond in different ways depending on where your attention is directed.

Foot/Ankle-Figure of 8, clockwise/counterclockwise, pull forefoot up and in and up and out. Repeat these motions slowly. Visualize all the muscles from toes to knees.

Standing activities-sidestepping, "grapevine", "skater step", Balance on one leg, rocking onto heels then toes. This can be advanced to heel walking, toe walking, marching or dancing to music. Any of the exercises can be done to music to enhance smoothness and rhythmic quality of movement. Different cadences of the music will activate the brain differently.