

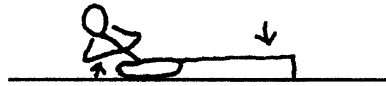
KRAUSS-WEBBER ROUTINES

PURPOSE: To practice basic minimum body flexibility and efficiency routines

APPARATUS: Mat or rug on the floor, small pillow

METHOD:

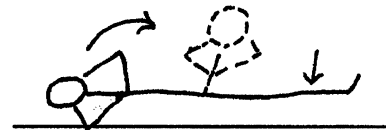
1. Trunk lift



2. Leg lift



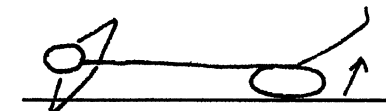
3. Sit ups



4. Sit ups--Bent knee



5. Feet lift(10 sec.)



6. Toe touch First



Then



Note: ↓ indicates assistant is to hold child here. ↑ indicates lifting action and direction of the child.

ASPECTS TO BE EMPHASIZED:

1. These routines are not to be done as training activity unless the child is 10 years old or unless specifically recommended by your optometrist, physical education specialist, or pediatrician.
2. Symmetry of movement is paramount.
3. Have child look at a visual target while doing these activities.

MONOCULAR _____ BINOCULAR _____ SEPTUM _____ LENSES _____ TIME _____