



Queen Alexandra College

POSTURAL CONTROL EXERCISES

The below links provide activities and exercises on flashcards that you can view online or download and print to use at home:

- [Activities on a Ball](#)
- [Activities on all Fours or Prone](#)
- [Animal Moves](#)
- [Dynamic Catch](#)
- [Dynamic Seat Exercises](#)
- [Extensions](#)
- [Flamingo](#)
- [Foot Crosses](#)
- [Hand Walking](#)
- [Heel to Toe Balance](#)
- [Heel to Toe Walk](#)
- [Jump Rope](#)
- [Sequence of Jumps](#)
- [Walk / Hike](#)





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- [Yoga Ball Bounce](#)
- [Yoga Ball Rocking](#)
- [Yoga](#)

