

## Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: [EqualityandInclusion@oxfordhealth.nhs.uk](mailto:EqualityandInclusion@oxfordhealth.nhs.uk)

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.  
**Bengali** আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।  
**Urdu** اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔  
**Chinese** 若要以其他語言或格式提供這些資訊，請與我們聯繫  
**Polish** Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.  
**Portuguese** Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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**Oxford Health**  
NHS Foundation Trust



Children's Community  
Physiotherapy Service

# Balance

# Level 1

Stand with one leg on a step. See how long you can hold it for. Then swap legs.



Resistance Statues. Keep very still while your partner tries to gently move you. Try these positions:

- Four Point Kneeling
- High Kneeling
- Half High Kneeling
- Step Up



Musical Statues. Jump and dance around the room to music and when the music stops stop exactly how you are and be as still as possible.



Walk in between 2 lines on the floor (30cm apart). First try 5 metres, then try 10 metres.



Throw and catch a ball to a partner from a half high kneeling position. Try to get 10 or 20 throws without dropping the ball.



Stepping stones- Step onto different shapes or into hoops. Vary the distance and direction of the course.



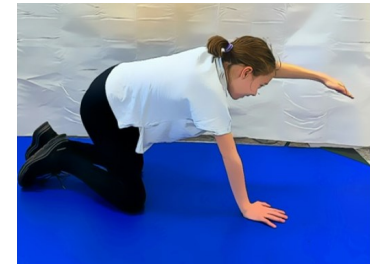
Use different equipment such as blocks, steps, beams, benches and hoops to set up an obstacle course. Step into, onto or over these different things going around the course. Try and get faster each time.



Stomping on bubbles to try to improve standing on one leg.



Elephant Walking- From 4-point kneeling lift 1 arm up and try to move around like this.



Standing with feet together, step forward with one foot to touch a marker. Then return to the starting position and swap legs. Practice going out to the side too.



Hop on one leg holding onto furniture.

