

## 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.

## CONTACT US

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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 بتنسيق 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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Children's Community  
Physiotherapy Service

# Balance

# Level 2

Stand with one foot on a small soft ball. How long can you hold this? Then swap legs.



Get your partner to roll a ball towards you and try and stop it by placing your foot on top of the ball.



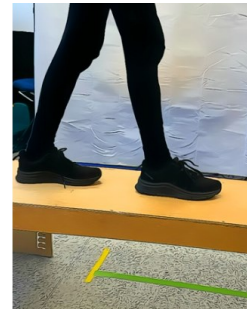
Superman- Start on all fours and then raise one arm and the opposite leg and see how long you can balance for. Then swap to the other side.



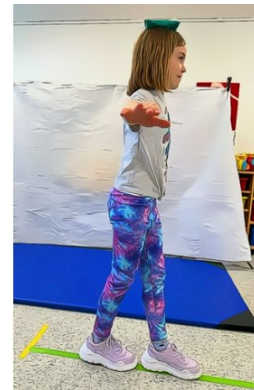
Walk forward along a line on the floor.



Walk along a bench in a straight line.



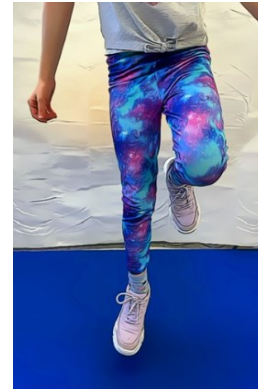
Walk in a straight line balancing a beanbag on your head. If this is too easy try doing an obstacle course with a beanbag on your head.



Try and walk in a straight line heel to toe.



Hop on one leg for as long as you can and then swap to the other leg. How many hops can you do?



Hopscotch

Stepping sideways on uneven surfaces e.g tree trunks or blocks.

