



Selibeng sa thuto ea masapo le mesifa Paray Hospital

Physio questions 13, movement development 3

1. What do we understand by push and pull function
2. Describe an exercise which helps to develop the push function of the foot and leg
3. Describe an exercise which helps to develop the pull function of the foot and leg
4. Describe an exercise which helps to develop the push function of the arm and hand
5. Describe an exercise which helps to develop the pull function of the arm and hand
6. How can you help a floppy child to feel the connection between the sacral region and the head
7. How can you stimulate the awareness of the spinal column

Enjoy answering these questions and if you like to send them back to me, you will find an envelope enclosed.

Sala hantle
Ntate Thuso