Appendix 1 Home exercise program

1. Baby lies on his ______ side with support under his ______ cheek. His back may be supported and toys brought close to his hands. 15 minutes

2. Baby lies on his back with his head and hips supported inside a swim ring. Head in midline position with toys touching his hands to encourage hand play. 15 minutes

3. Holding/carrying baby in a tilted position towards his ________ side. Baby's back is supported against parent's abdomen. Parent's _____ hand supports his chest and other hand his pelvis. This position will cause baby's neck to bend towards his ________ shoulder. Hold/carry him in this position for 5 minutes.

4. Neck elongation (stretching) of the ________ side. The "guitar position". Baby's _____ cheek rests on parent's ________ forearm. Parent's hands hold baby's chest-abdomen area. Baby's back is supported against parent's abdomen. Baby's ____ ear must touch his ______shoulder to achieve full elongation. Hold this position for 10 minutes.

5. Exercise to strengthen active head rotation to the _______ side. Baby lies on his back and parent rolls him through his pelvis onto his _______ side until his ______ cheek is resting on the surface. Parent interests baby in looking at parent's/objects. While baby's head remains rotated to the ____ parent rolls baby back onto his back. (Parent may hold baby's forehead for a few seconds to preserve the head rotation when rolling him back.) In the final position baby's ________ cheek and ________ shoulder are resting on the surface. Baby must remain looking to his _____ side for 1 minute. Repeat exercise 10 times.

6. Exercise to strengthen lateral flexion of the neck on the ________ side. Baby lies on his back and parent rolls him through his pelvis onto his _____ side. Parent holds baby's back and abdomen and transfers baby's weight towards his legs and into the surface. This will cause the baby to lift his head off up the surface causing lateral neck flexion on his _______side. Parent holds this position for the count of 3. Repeat 10 times.

7. Exercise to strengthen symmetrical head- neck control. Baby lies on his tummy supported under his chest by a swim ring. His arms are over the ring in a manner that allows him to support weight on his hands and forearms. Parent supports baby's pelvis with one hand and with the swim ring in a vertical position his other hand rolls the ring to the right, causing baby to transfer his weight onto his right side and the same to the left. Parent holds baby on each side for a count of three. Repeat 10 times to each side.

All exercises are performed 3 times a day and recorded in the Exercise Log.