

**WORKSHEET NOTES FOLLOWING MODULE 1: PEDIATRIC OVERVIEW AND FOUNDATIONS**

Consider the content of session 1 as it applies to your own situation:-

1) What options for set up of your IM equipment do you currently have?

---

---

2) What changes could you make to provide more flexibility in your IM set up?

---

---

3) What equipment or supplies would you consider useful in order to achieve this?

_____	_____
_____	_____
_____	_____

4) What areas of the pediatric population do you typically serve?

- Age groups: \_\_\_\_\_
- Market: i.e. sports/therapeutic \_\_\_\_\_
- Environments: i.e. clinic/school/home \_\_\_\_\_
- Funding Sources: \_\_\_\_\_
- Virtual training: i.e. online support \_\_\_\_\_
- Other \_\_\_\_\_

5) What positioning strategies do you typically employ with your pediatric populations?

(Please check all that apply):-

- Standing – feet together
- Standing – feet apart
- Standing- on one foot
- Standing on a hopper trampoline
- Standing on a bosu (half ball)
- Standing on a balance disc
- Standing on an air cushion
- Standing in a defined space (i.e. cardboard box!)
- Sitting – round sitting on floor
- Sitting on floor – legs to the side
- Sitting on floor – legs stretched out in front
- Sitting on floor- legs in a ‘V’ shape in front
- Sitting on floor – leaning against a wall
- Sitting – supported in chair

- Sitting- supported in beanbag
- Sitting- on a ball
- Sitting – on a rocking chair
- Sitting- on a bolster roll (blanket roll)
- Sitting – on a swing
- Sitting- on your lap
- Sitting- on carer’s lap
- Lying on back – body flat
- Lying on back – knees bent
- Lying on back – legs raised
- Lying on back- knees bent, arms wrapped around knees
- Lying on side
- Lying flat on tummy – arms outstretched, legs straight
- Lying flat on tummy – arms outstretched, legs bent
- Lying on tummy – propped on elbows
- Lying on tummy- on cushion for comfort
- Hands and knees stance (puppy dog)
- Kneeling on both knees, sitting on feet
- Kneeling tall, on both knees
- Kneeling tall, on one knee

6) List any ideas that apply to your situation that this module has prompted or activities that you might try differently (record for personal ready reference and follow through purposes):-

---

---

---

---