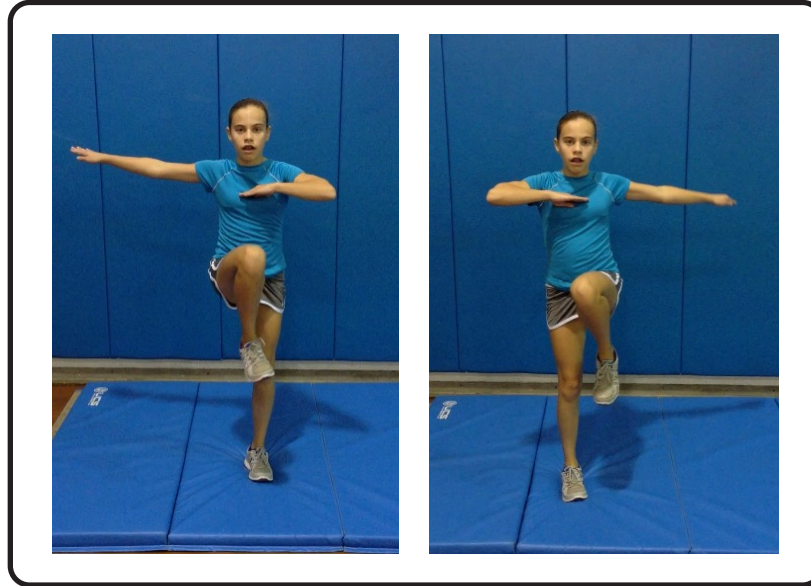


High Arm March

Child's Name: _____ Date: _____

Therapist's Name: _____



Directions:

1. Start with arms at shoulder height with elbows straight.
2. March in place with your knees high.
3. When you raise your right leg up, bend your left elbow bringing the left hand to the chest.
4. When you raise your left leg up, bend your right elbow bringing the right hand to the chest.
5. Maintain a good rhythm.

Perform for _____ repetitions OR for _____ seconds.

Watch the Video:

Download a QR code reader to your smart phone or tablet.
Snap a picture of the QR code on the right to watch the video.

Watch on You Tube at <http://youtu.be/P8kdOy6oKlc>

