

Functional Activity Kits

Functional Activity Kits allow you to choose from hundreds of exercises to create easy-to-read, professional looking exercise routines our clients will love! They are available in two formats: Reproducible cards that can be photocopied for use by your clients, or computer exercise database PC-Kits. PC-Kit databases contain all the exercises found in our card kits with the added benefit of being able to modify and save any exercise. With this easy to use drag and drop program, you can create, customize, and print an exercise routine in minutes. Please note: all first time PC-Kit orders require the purchase of the Program Module, item #VHI-PM.

Functional Activity Kits, Choose Size

- THA-VHI-100C Early Development Functional Activity and Exercise Cards
- THA-VHI-100PC Early Development Functional Activity and Exercise PC-Kit
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- THA-VHI-200C Pediatric Functional Activity and Exercise Cards
- THA-VHI-200PC Pediatric Functional Activity and Exercise PC-Kit
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- THA-VHI-PM Program Module (required for first-time PC-Kit orders)

EARLY DEVELOPMENT FUNCTIONAL ACTIVITY AND EXERCISE

By Nancy Miller, MOT, Chris Robinson, PT, and Aline Yiu, MA/OT

This kit contains a comprehensive collection of 185 exercise and activity strategies for developmental ages birth to 3 years. Demonstrates critical hand placements necessary for supporting child during activities. Provides exercises for stimulating early sensory-motor development – including visual, motor, vestibular, and tactile activities. Incorporates built-in functional progressions. Shows basic techniques for managing muscle tone during daily activity. Contains treatment approaches applicable to neurodevelopmental therapy. Incorporates activities and exercises to stimulate righting responses, balance/equilibrium reactions, and protective responses. Offers early feeding techniques for use with infant care programs. Features a wide selection of developmentally sequenced play activities.



EARLY DEVELOPMENT FUNCTIONAL ACTIVITY AND EXERCISE CARDS



PEDIATRIC FUNCTIONAL ACTIVITY AND EXERCISE CARDS



PC-KIT

PEDIATRIC FUNCTIONAL ACTIVITY AND EXERCISE

By Nancy Miller, MOT, Chris Robinson, PT, and Aline Yiu, MA/OT

These 265 illustrated instruction cards provide an integrated, holistic approach to meeting each child's needs in home, school, and clinic settings. Designed for developmental ages 3 to 18 years. Demonstrates critical body positioning for child and therapist. Shows patients and caregivers the "DOs and DON'Ts" in a clear, easy-to-follow manner. Teaches about the "tools" children need to develop independence – including using proper transfer techniques, practicing proper Activities of Daily Living, safely using wheelchairs, walkers, crutches and other equipment, and much more. Provides classroom management strategies for positioning, tactile defensiveness, and other common situations. Includes tips for developing a child's pre-writing and hand coordination skills (including vestibular, proprioception, and tactile skills development) using a sensory integration approach that incorporates age-appropriate activities. Features techniques for the development of strength, flexibility, and endurance through a variety of functional activities and exercises.