

W SITTING



PHYSIOTHERAPISTS OFTEN HEAR QUESTIONS ABOUT W-SITTING. HERE ARE THE THINGS WE WANT YOU TO KNOW:



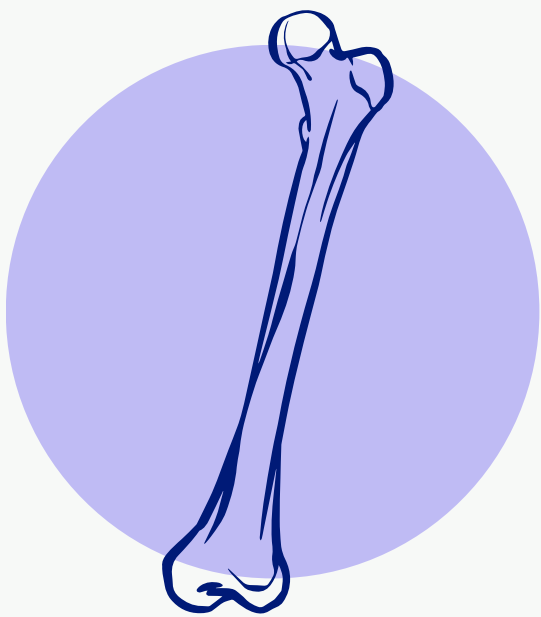
W-SITTING DOES NOT HURT THE DEVELOPMENT OF KIDS' HIPS OR KNEES.

WHY DO KIDS DO IT?

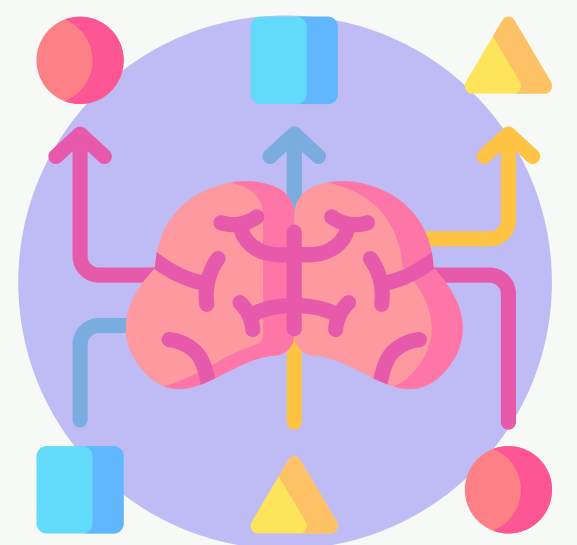
IT'S AN EASY POSITION TO TRANSITION INTO TO PLAY FROM CRAWLING.



NORMAL VARIATION IN THIGH BONE STRUCTURE MAY MAKE IT VERY COMFORTABLE.



IT PROVIDES A LOT OF SENSORY INPUT INTO LEG JOINTS.



IT BRINGS KIDS CLOSE TO TOYS, IS STABLE AND REDUCES CORE WORK.



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W SITTING

WHAT SHOULD WE DO?



DON'T FORCE OTHER POSITIONS - ESPECIALLY
CROSS-LEGGED (CAN BE PAINFUL!)

TAKE A LOOK AT:



TRANSITIONS - IN AND OUT OF
SITTING, ON AND OFF THE FLOOR



BALANCE - FREQUENT FALLING, TROUBLE
STEPPING OVER OBSTACLES, LOUD WALKER



CORE STRENGTH - ALWAYS LEANING,
BACK VERY ROUNDED WHILE SITTING

IF THESE AREAS
ARE CHALLENGING
COMPARED TO
PEERS, CONSIDER
REFERRING TO
PHYSIOTHERAPY



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