

# Therapy Connections



## Strength Training

Therapist directed exercises and activities improve muscular strength and endurance. Examples include lifting weights, body weight exercises, and use of resistance bands.

## ***There is power in **STRENGTH TRAINING!*****

Therapy Connections will provide a wide range of therapeutic services using evidence based techniques, and an interdisciplinary approach, allow children with disabilities to achieve their highest potential

Services are provided to children of all ages and various diagnoses that include Cerebral Palsy, Sensory Processing Disorder, Autism, Dyspraxia, Down syndrome and Language and Development Delays

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### Implications

- 🧩 Generalized muscle weakness
- 🧩 Delayed gross motor skills
- 🧩 Poor posture
- 🧩 Reduced endurance
- 🧩 Difficulty participating in sports or other gross motor activities
- 🧩 Anxiety or depression
- 🧩 Recovering from injury

### How Therapy Connections Helps

- 🧩 Yoga
- 🧩 Suspension training
- 🧩 Weighted ball exercises
- 🧩 Therapy ball activities
- 🧩 Free weights
- 🧩 Gross motor skill practice
- 🧩 Animal walks
- 🧩 Scooter activities
- 🧩 Obstacle courses