

❖ Scooting Side to Side: Normal Movement

Analyzing Normal Movement in Scooting from Side to Side

Notice the normal movement (and sequence of movements) of the head, shoulders, trunk and lower extremities in scooting from side to side.

- The knees and hips are flexed.
- Weight is put into the feet in order to lift the hips off the bed.
- The hips scoot over.
- The hips are followed by the head and shoulders.
- The feet scoot over to line up with the hips.

These movements are repeated until the desired distance is covered.

⌘31 Pause and Practice with a Partner

Self Experience

Observe your own personal patterns and sequences of movements.

Observe and Analyze Others

- There are always variations from person to person in sequence and amount of movement. But the components which enable people to scoot from side to side remain fairly consistent. Some people raise up on their elbows, others have more or less trunk and hip extension. Some move their feet first, and then their hips.
- Note variations in movements and sequences of movements.

Notes
