



PHYSIO-APPROVED HOLIDAY GIFT GUIDE

Preteens & Teens (9 years+)

Gift ideas for kids of ALL ages and abilities, approved by our therapists across Kids Physio locations! Click on the gift titles for more info.



Suction Cup Balls

Suction cup balls are great for working on throwing skills and can also be combined with other exercises. Have your kiddo practice picking the balls up with their toes or throwing them onto a wobbly surface - we like to hide tough exercises with a fun suction cup ball competition and you can get creative with it, too!

Bosu balls are a must-have at our clinics - in fact, we have 101 different exercises that incorporate the bosu ball! They're great for working on balance, multitasking, strength, and proprioception. If you don't have this piece of equipment at home, you can use wobbly couch cushions!



Bosu Ball



Twister

Twister is a classic game that's known for bringing on some friendly competition among family and peers! At Kids Physio, we love to use Twister to get the body moving, work on core strength, motor planning, and movement patterns, challenge balance, and practice weight bearing through hands and feet. Best of all, it can be adapted to fit everyone's skill level, even children!

Kettle bells are a fantastic piece of exercise equipment for increasing strength. They're available in many weights, so you can practice a variety of exercises like squats, overhead presses, and laying down chest press effectively!



Kettle Bell