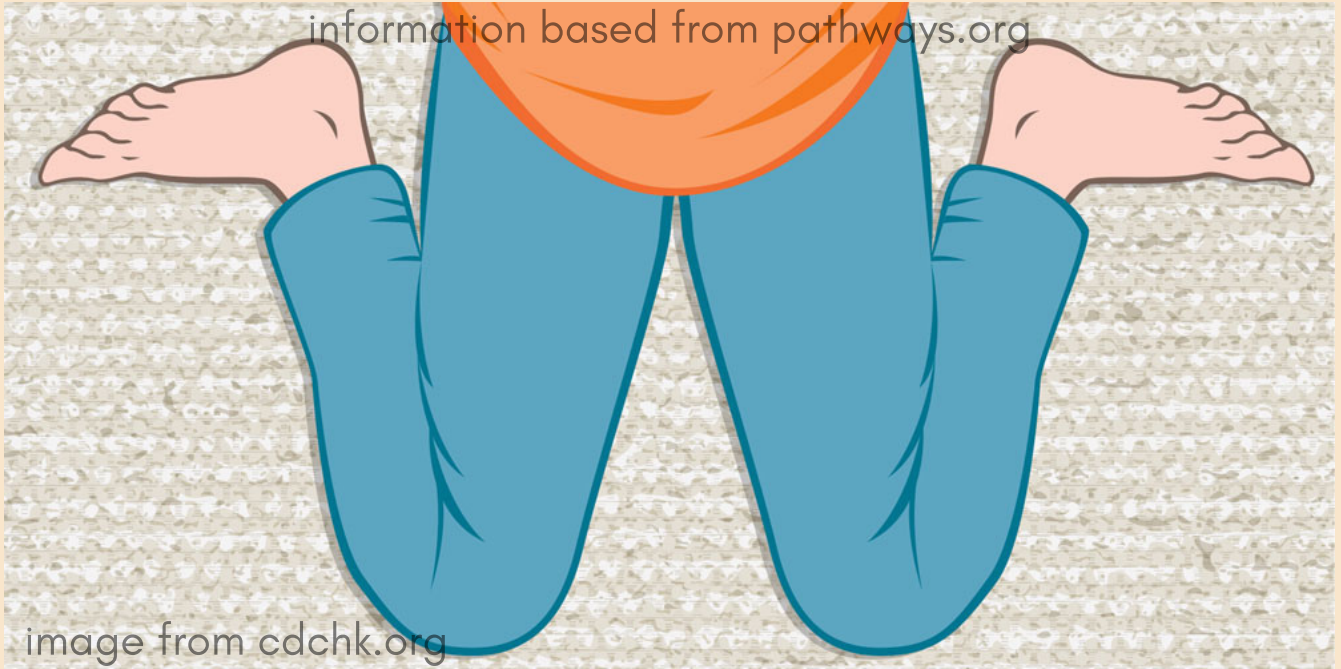


# WHAT IS W-SITTING?

by Coastside Pediatric Therapy Center

information based from pathways.org



W-sitting is when your child sits with their knees bend and feet are places outside of their hips

## Why would they W-Sit?

Provides a wider base of support. Thus, more stability when sitting and trunk muscles are used less.

It is normal to move in & out of this position.

## What are the cons?

Prolonged W-Sitting can lead to:

- Straining joints and ligaments in legs
- No Trunk Muscle Engagement
  - trunk muscles miss development
- Limits Trunk Rotation - No Cross Body Movements

## What can you do?

Remind Child to "Fix Their Legs"

Have child sit on a chair or stool

Encourage them to sit in these other positions:

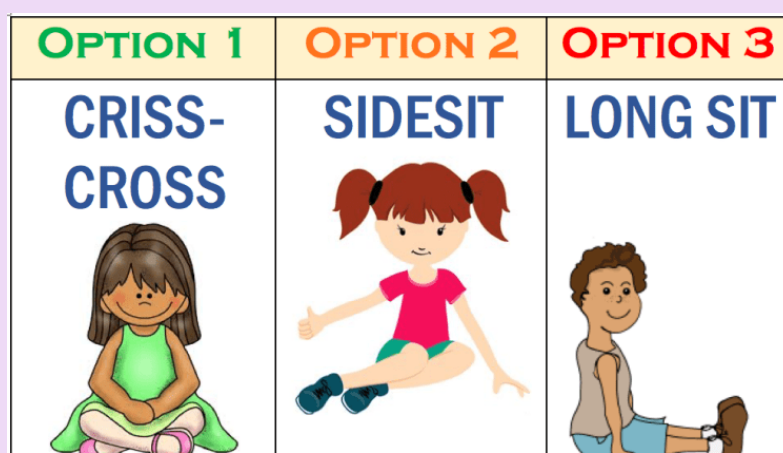


image from autismalliance.com