

W - SITTING

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W - sitting is a sitting posture in which the child sits on the floor with knees bent and legs splayed out to the sides, forming a “W” shape.



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Impact of W - Sitting

- Decrease core Strength
- Poor posture and balance
- Tightness in hip and hamstring muscles
- Delay in gross motor development
- Affect coordination and Functional movements

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Management By Occupational Therapy (OT)

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1. **Education** : Explain to the child & parents about harmful effects of W- sitting.
2. **Positioning** : Encourage alternative sitting like cross-leg sitting , long sitting ,or side sitting.
3. **Strengthening Activities** : Core strengthening , pelvic stability & hip control Exercises.
4. **Activities** : Play based activities that promote kneeling, squatting , and cross-leg sitting.
5. **Sensory & Motor activities** : Improve body awareness, balance & coordination through sensory integration activities.

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Management By Physiotherapy (PT)

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1. **Stretching** : Stretch tight muscle (hip rotators , hamstring , inner thigh).
2. **Strengthening** : Strengthen core muscle, hip abductors and gluteal muscles.
3. **Postural Training** : Teach and practice proper sitting postures.
4. **Functional Activities** : Encourage kneeling, half-kneeling ,standing and walking activities.
5. **Home Program** : Daily stretching ,strengthening and posture correction at home.

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