

Exercise Therapy

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Specific Guidelines (Children's Resistance Training)

- Avoid formal resistance training in children <6–7 years, as structured strength programs are not developmentally necessary at this stage (American Academy of Pediatrics, 2008).
- At age 6–7, introduce structured exercise gradually, starting with bodyweight activities, then progressing to very light loads (1–2 lb) to develop motor skills (National Strength and Conditioning Association, Faigenbaum Avery D. et al., 2009).
- Ensure constant supervision by qualified adults, as supervised programs significantly reduce injury risk in children (Faigenbaum Avery D. et al., 2009).
- Prioritize correct technique, posture, and controlled movement, since neuromuscular learning is the primary adaptation in early training (American College of Sports Medicine, 2009).
- Keep intensity low to moderate during growth years, minimizing stress on growth plates, joints, and soft tissues (American Academy of Pediatrics, 2008).
- Use short, varied, and play-based exercises, which improve adherence and reduce fatigue or overheating (Faigenbaum Avery D. & Myer Gregory D., 2010).
- Include a 5–10 minute warm-up before exercise, to enhance performance and reduce injury risk (American College of Sports Medicine, 2009).
- Use light loads allowing ~8–15 repetitions, focusing on multi-joint functional movements for overall development (National Strength and Conditioning Association, 2009).
- Limit volume to 1–2 sets per exercise, with at least 2–3 minutes rest between sets to ensure recovery (National Strength and Conditioning Association, 2009).
- Progress by increasing repetitions or exercise variety first, then gradually increase resistance ($\leq 5\%$ increments) as technique improves (Faigenbaum Avery D. et al., 2009).
- Limit training frequency to 2 sessions per week initially, allowing adequate recovery (American College of Sports Medicine, 2009).
- Use properly sized and adjustable equipment, as adult machines often do not fit children safely (American Academy of Pediatrics, 2008).

Reference: Kisner, Carolyn Therapeutic exercise: foundations and techniques / Carolyn Kisner, Lynn Allen Colby. — 5th ed.

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