



Lizard exercise to integrate the Asymmetrical Tonic Neck Reflex

Takes 1 minute

May help with:

- Poor Handwriting
- Convergence problems (near to far refocusing)
- Right -left confusion
- Visual-perceptual difficulties--reversals of b/d, u/n, saw/was
- Poor expression of ideas on paper

1. Set metronome to 60 BPM
2. Lie on floor with arms down at side, legs straight.
3. Head is pointed right, bend right leg to 90 degree angle, then also right arm, thumb at nose, Take a deep breath.
4. Turn head to left, sweeping cheek across the floor.
5. Right arm, with palm down, sweeps downward across floor until it reaches right thigh.
6. Straighten the right leg, pushing the foot along the floor, until the body is straight.
7. Take a deep breath.
8. Bring left knee up to 90 degree angle.
9. Head is pointed to left, bend left arm, thumb at nose, left leg is at 90 degree angle. Take a deep breath.
10. Turn head to right, sweeping cheek across floor.
11. Left arm, with palm down, sweeps across floor until it reaches left thigh.
12. Straighten the left leg, pushing foot along the floor until the body is straight.
13. Take a deep breath.
14. Bring right knee to a 90 degree angle.

This was 1 cycle, repeat entire cycle 2 more times

*All primitive reflex exercises should be done for 30 days consecutively.