

InVision



Get Pumped Up

to Integrate the Symmetrical Tonic Neck Reflex

Takes 1 minute

May help with:

- Poor posture
- Poor eye-hand coordination
- Tracking problems-following a moving object smoothly
- Convergence problems-near to far refocusing
- Near focusing problems
- Slow with copying tasks
- Attention difficulties

1. Set metronome to 60 BPM
2. Start on hands and knees so that back is in a table position, weight on arms, looking up at the ceiling.
3. To a count of 4, rock weight back onto knees and bring head down, touching forehead to floor, if possible, and looking between knees.
4. Slowly rock forward, to a count of 4, dropping hips toward floor, weight over hands, head tilted back, looking at ceiling. This is one cycle.
5. Repeat cycle 2 more times.

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