

Asymmetrical Tonic Neck Reflex (ASTNR)

Bear Walk (ATNR)

Ask child to lift bottom into the air and keep hands and feet, flat on the floor. Ask them to 'walk' forward in cross crawl pattern using only hands and feet (not knees). Stop and turn back the other way. Repeat 5-10 times. Twice daily.



Crab Walk (ATNR)

Have child lift their spine and bottom up into table top position with hands and feet flat on the floor. Ask them to look to one side and use hands and feet to 'walk' that way for few metres. Stop and turn back the other way. Repeat 5-10 times. Twice daily.



Practitioners Advise: