

Asymmetrical Tonic Neck Reflex (ASTNR)

Bow & Arrow

Have child sit cross legged on chair with arms crossed too.

Ask the child to turn head to the side while straightening the same arm to the side as if drawing a bow and lifting the same leg with a straight knee up off the floor, to the same side.

Hold for a few seconds then return to midline, where child will be cross armed and cross legged. Repeat on the other side.

Repeat 10 times to each side. Twice daily.



Variation: Bow and Arrow can be done on a Swiss/Gym ball.

Practitioners Advise: