

## Asymmetrical Tonic Neck Reflex (ASTNR)

### Lizards

Have child face down on the floor with head turned to one side and the same arm and leg bent, palm down. The opposite arm and leg are straight, the arm lying along the body. Slowly turn head to other side. Slowly straighten bent limbs and hold straight for a few seconds.

Slowly bend limbs on the side which head is turned and hold for a few seconds. Repeat 10-15 times. Twice Daily



Make sure arms and legs are in contact with the floor at all times. Once the above is mastered, you can ask the child to move their body to a metronome beat.

**Practitioners Advise:**