

Asymmetrical Tonic Neck Reflex (ASTNR)

Marching

Have child march on the spot with arms extended in front of them, sometimes children are unable to hold up their arms independently in this case hold their arms up against a wall and ask them to have their eyes closed.

Ask Child to turn head to one side keeping arms straight out in front. And lifting leg opposite of direction of head turn. Repeat on other side, 5-10 times each side. Twice Daily.

For Example, if head is turned to the right, child will lift the left leg up simultaneously. You can also gently hold arms in place if child has trouble keeping them out in front against the wall. once mastered you can instruct child to march for a few seconds then turn head to the other side. Repeat 10-15 times. Twice Daily.



DR. NAQEENA AKHTAR

Head turns

Ask child to go on all fours with eyes open/closed holding their body and spine straight. Keeping still as possible. Ask them to fully turn the head to the right and then to the left, keeping the arms straight, holding head to each side for a count of 5. Repeat 10-15 times. Twice daily.



Practitioners Advise: