

Cross Crawl Exercise

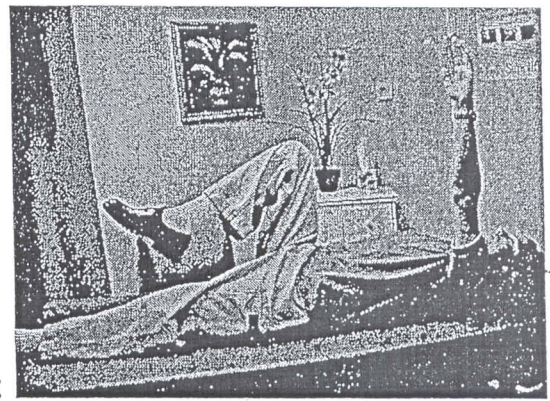
Purpose: This activity is designed to reduce and relax musculature throughout the body on both left and right sides. Its benefits include a reduction in tension, muscular tension, anxiety, and blood pressure. It utilizes both left and right hemispheres of the brain at the same time to add an increase focus to any job task or function. A great number of professional dancers, ballet dancers, actor/actresses, and athletes (both amateur and professional) use this activity prior to performances and athletic events to increase the presence of the mind and body relationship. This activity also gives us the opportunity to return to a significant and important stage in our neurological development (crawling as an infant.)

Directions: While reclined on a firm surface (couch or bed maybe too soft). Patient lies on their back with arms at their side and legs extended straight forward. As the left arm is raised about half way the patient will focus their attention on left index finger nail and follow the normal arm movement all the way back. Notice the head will turn at a 45-degree angle to follow the eyes tracking the fingernail. At the same time the arm is being raised from flat surface the opposite knee s brought up to the chest both arm and leg return to original position. And now the patient picks up right arm and follows right index finger back and left knee comes up to the chest. This alternating process takes place for 30 repetitions in total. 15 Left/15 Right.

Name: _____



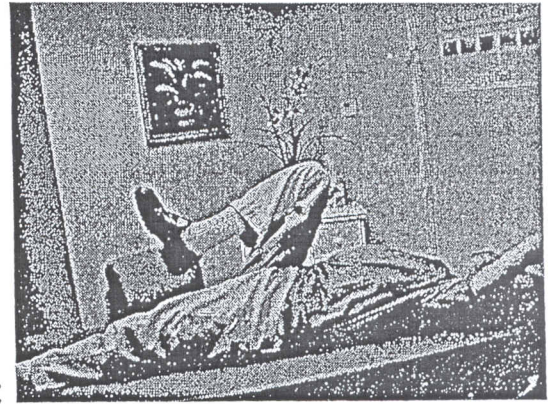
Step 1:



Step 2:



Step 3:



Step 4:

1x/day

2x/day

3x/day

4x/day