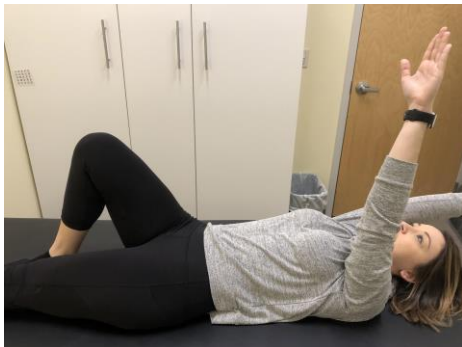


Primitive Reflex Home Exercise Program - Levels 2 & 3

- Exercises should be completed **2x10** unless noted to complete for time.
- Exercises should be completed in a slow and purposeful manner **exactly as described!**
- **Have a friend or family member watch you while completing the exercises to ensure proper form!!**

Dead Bug

- Laying on your back with your feet on the ground and arms over directly overhead (shoulders at 90 degrees)
- Straighten your opposite arm and leg to the floor (Right arm and Left leg)
- Return to the starting position, pause, and then switch to the opposite side (left arm and right leg)
- FOCUS: Keep arm straight throughout the whole motion, focus on keeping fingers together. **Keep the non-moving arm/leg completely still.**
- PROGRESSION:
 - Start with hips and knees flexed to 90 degrees- feet should be off the ground; extend opposite arm and leg as described above



Progression:



Starfish/Meatball

- Begin seated in a chair with arms and legs extended (look like a star)
- Cross opposite arm and leg (right leg over left leg and left arm over right arm)
- Return to the starting position
- Switching arm and leg- cross opposites again (left leg over right leg and right arm over left leg)
- Perform for 60 seconds or repeat initiation - **slower and wider = harder**
- PROGRESSION:
 - Can be completed on physioball to add extra balance and stability challenge.



Alternate Slap Tap

- Seated with your feet flat on the ground, place your palms flat on your thighs
- Lift the alternate foot and hand at the same time
 - *Lift right foot and left hand then switch to left foot and right hand*
- Continue to alternate for 60 seconds, or repeat initiation of exercise
- FOCUS: keep an upright posture, make sure to keep hands straight in line with your thighs and keep fingers touching one another
- PROGRESSION:
 - *Call out the hand you are lifting while completing the task*
 - *Call out the foot you are lifting while completing the task*
 - *Set a metronome and maintain the beat while alternating hand and foot*



Robot

- Lay on stomach with arms down by your side.
- Rotate head to the right and bend left arm and leg to 90 degrees.
 - Return head, arms and legs to the starting position.
- Rotate head to the left and bend right arm and leg to 90 degrees.
 - Return head, arms and legs to the starting position.
- **PROGRESSION:** Rotate head to the same side as arm and leg flexion.
- **FOCUS:** initiate arms and legs together reaching apex at the same time, rotate head prior to limb movements.



Archer

- Stand with feet in a line: Front arm and leg straight, back arm and leg bent.
- Focus on the thumb of the straight arm. *Should look like you are in a stance to draw a bow and arrow.*
- **Hold for 3** seconds on each side before rotating- focus should be on the thumb of the arm extended: make sure you can keep the thumb clear!!
- *Don't lean back, both toes pointing forward, rotate on the heels!*

