

Primitive Reflex Home Exercise Program

- 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!!**

Moro Exercises:

Moro Bridge:

- Lay on your back with your knees bent and feet flat on the table. Place your hands in the “prayer position.” While **applying inward pressure at your hands**, lift your hips up off the table, for a straight diagonal from knees, hips to complete a “bridge.”
 - To be performed **SLOWLY**- 3 seconds to the top and 3 seconds to lower.
 - *Make sure to maintain inward pressure at the hands and knees at all times, keeping your fingers together.*
 - *Try to keep pelvis level while completing this exercise, feet flat and “quiet”*
 - **PROGRESSION:** *Add a kickball or pillow between the legs and maintain inward pressure at the thighs and hands while completing the bridge.*

Start:



Finish



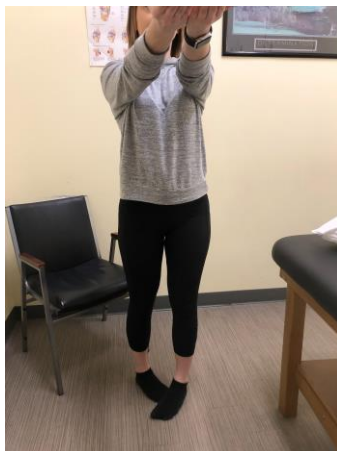
Duck on a Bike

- Stand with your feet pointed outward and arms elevated to shoulder height, hands making a fist touching one another. While maintaining this position, walk 20ft. **SMALL STEPS.**
 - *Make sure to maintain this position while walking, do not arch your back or let your hands drop/ elbows bend. Smooth hips and steps.*
 - *Walk “heel to arch” touching the middle of each foot as you alternate.*



Pigeon Carrying Pizza

- Stand with your feet pointed inward and arms elevated to shoulder height, palms facing the ceiling as if you were carrying something. Walk while maintaining this position for 20ft. **SMALL STEPS.**
 - *Make sure to maintain this position while walking, do not arch your back or let your hands drop/ elbows bend*
 - *Keep your palms facing the ceiling- do not cup your hands*
 - *Flat feet, flat palms. Smooth hips and steps.*
 - *Walk “toes to arch” touching the middle of each foot as you alternate.*



STNR Exercises

- **Cat/Camel**

- Start on your hands and knees in the “tabletop position.” Look down at the table, hold for 3 seconds. Look up, hold for 3 seconds.
 - *Make sure your arms stay straight during this exercise!*
 - *Don't let your hips shift side to side or front to back!*
 - *Keep your back perfectly flat - NO movement except your head!*



- **Bird Dog**

- Start on your hands and knees in the “tabletop position.” Lift opposite arm and leg, extending until straight; pausing at full extension prior to returning to the starting position. Repeat with opposite arm and leg.
 - *Focus on maintaining neutral pelvic alignment (flat back - put book on your back)*
 - *Avoid weight shifting to each side when extending extremities.*
 - *Move both limbs at the **same exact time**.*
 - *Maintain flat wrists with fingers together.*
- * Repeat lifting the opposite arm and leg!



ANTR Exercises

- **Marching Zombie**

- Stand with arms elevated to 90 degrees and wrist bent, fingers pointed to the ground. Rotate head to one side and march in place for 60 seconds. Repeat for 60 seconds with head rotated to the other side.
 - *Make sure your fingers stay together on each hand, arms stay straight and elevated to 90 degrees and level.*
 - *Don't side bend at the waist or shift side to side.*
 - **Progression:** *Eyes closed or march on uneven surface.*
- *Repeat with head rotation to other side!



Spinal Galant

- **Snow Angels**

- Lay on your back with arms by your side. **Slowly** move arms and legs out to the side to create a “snow angel”. Goal to reach the apex at the same time with arms and legs maintaining contact on the mat at the whole time. Slowly return to the starting position.
 - **Perform SLOWLY:** *5 second count to apex and 5 second count to return to starting position*

Start:



Finish:



TLR Exercises

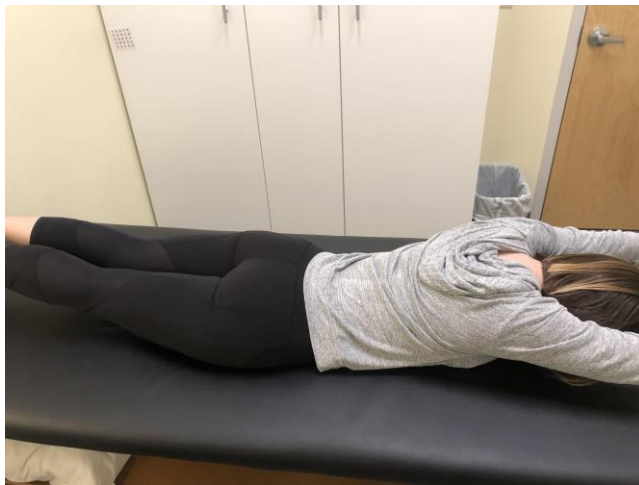
- **Superman**

- Lay on stomach with arms overhead. Lift arms and legs at the same time, while keeping forehead on the table. Hold for 5 seconds then slowly lower to the table.
 - Arms and legs **straight** while lifting. **Don't:** Arch your back or use your head to lift.
 - Make sure you **breathe**.
 - **Progression:** Start with **arms by your side** and palms facing up. Lift arms and legs at the same time again keeping the limbs straight while you complete the exercise. Hold for 5 seconds at the top and slowly lower back to the table.

Start:



Finish:



- **Swimmer**

- Lay on stomach arms overhead. **Lift opposite arm and leg**, hold for 3 seconds, while keeping forehead on table, then slowly lower to the table.
 - Elbows and knees **straight, don't twist through the torso, or lift the head. Make sure you breathe!**
 - **Don't push down on the opposite side**
 - See image for superman 1st position- instead of lifting both arms and leg lift **OPPOSITE** arm and leg together.