



VISION THERAPY CENTER
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CHAPTERS

PURPOSE: To help integrate primitive reflexes and promote visually directed gross motor

EQUIPMENT:

- Chapters Handout

ACTIVITY:

Start with Chapter 1, once the patient successfully completes all parts, move on to the next Chapter.

INTEGRATORS:

- The motions can be done to the beat of a metronome
- Have the patient tell you which arm/leg they are using for the activity

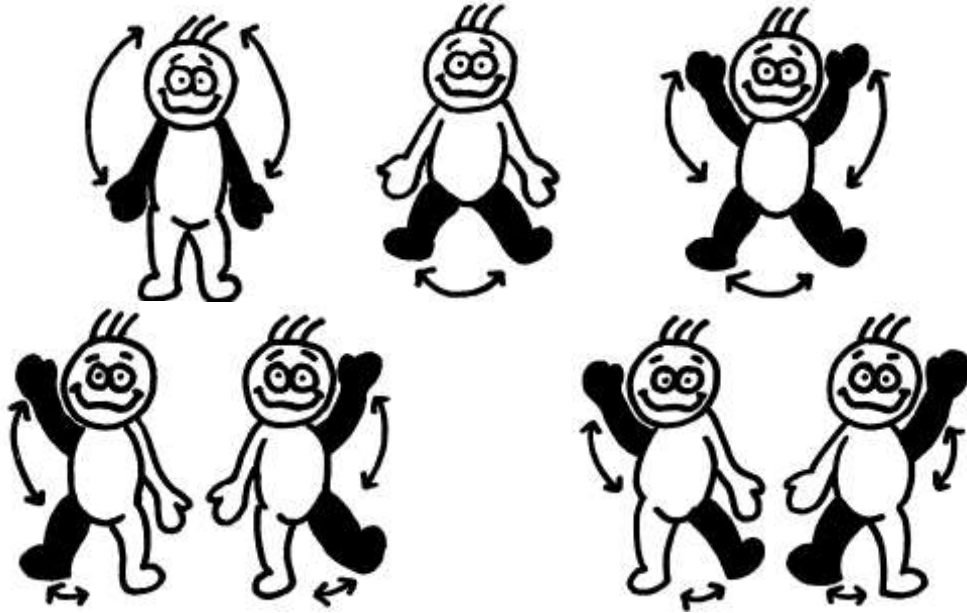
HOME PROCEDURE:

Give the handouts to the parents and instruct them to watch for simultaneous movement of the limbs (example: when the hand touches the floor, the foot should at the same time). Do not move on to next Chapter until the patient is proficient with the previous one.

Chapter 1

On back, move legs/arms out to the side and back

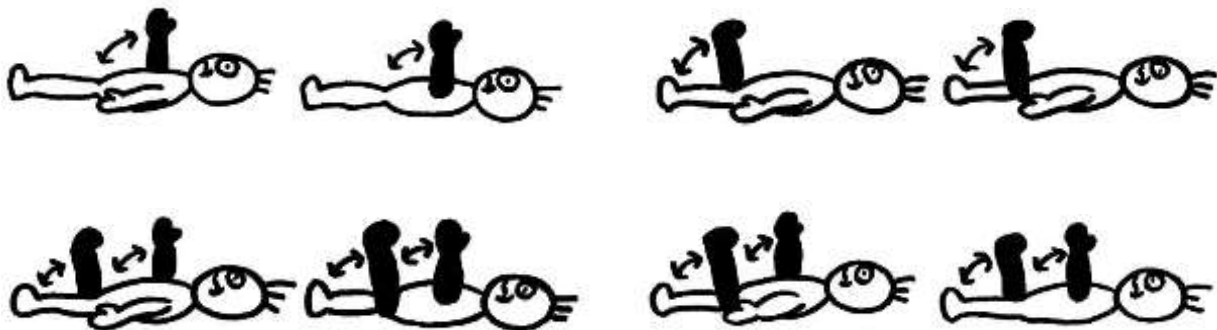
- Move arms only
- Move legs only
- Move both arms and legs at the same time
- Move right arm/leg together, then move left arm/leg together
- Move right arm/left leg together, then move left arm/right leg together



Chapter 2

On back, lift then lower legs/arms off the ground

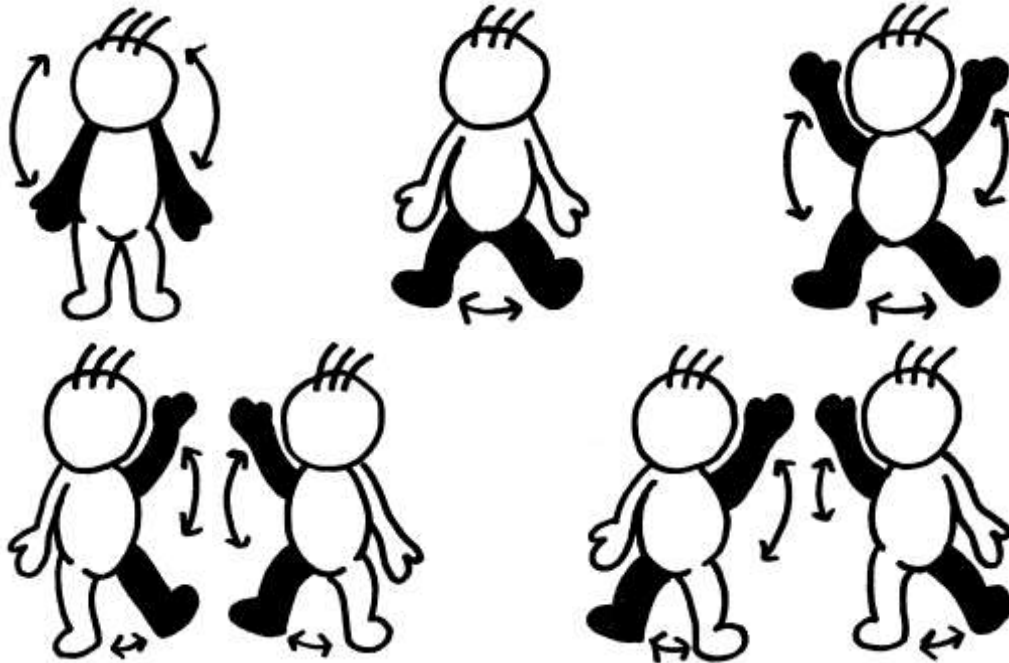
- Move right arm only, then move left arm only
- Move right leg only, then move left leg only
- Move right arm/leg together, then move left arm/leg together
- Move right arm/left leg together, then move left arm/right leg together



Chapter 3

On stomach, move legs/arms out to the side and back

- Move arms only
- Move legs only
- Move both arms and legs at the same time
- Move right arm/leg together, then move left arm/leg together
- Move right arm/left leg together, then move left arm/right leg together



Chapter 4

On stomach, start with arms up and legs straight down

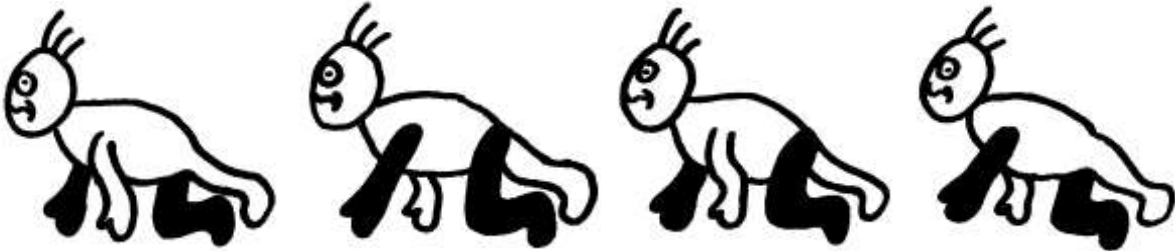
- Bend the right arm/leg at the same time and turn head to look at the right hand
- Bend the left arm/leg at the same time and turn head to look at the left hand
- Bend the right arm/left leg at the same time and turn head to look at the right hand
- Bend the left arm/right leg at the same time and turn head to look at the left hand



Chapter 5

On hands and knees

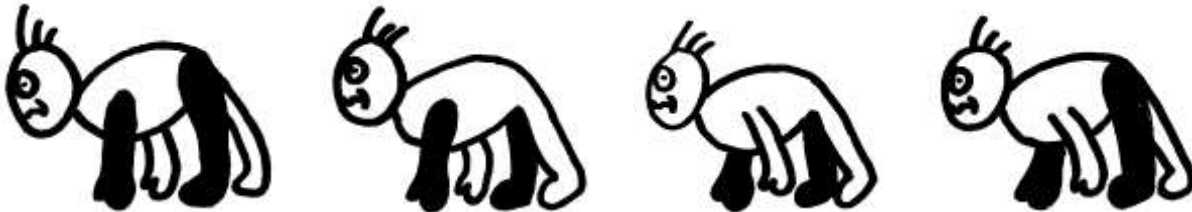
- Move right arm/leg forward at the same time, then the left arm/leg and go forward
- Move right arm/left leg forward at the same time, then left arm/right leg and go forward



Chapter 6

On hands and feet

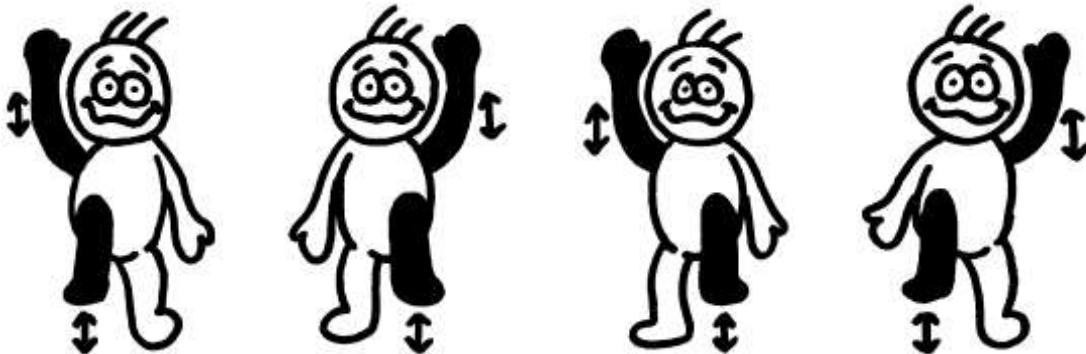
- Move right arm/leg forward at the same time, then the left arm/leg and go forward
- Move right arm/left leg forward at the same time, then left arm/right leg and go forward



Chapter 7

Standing

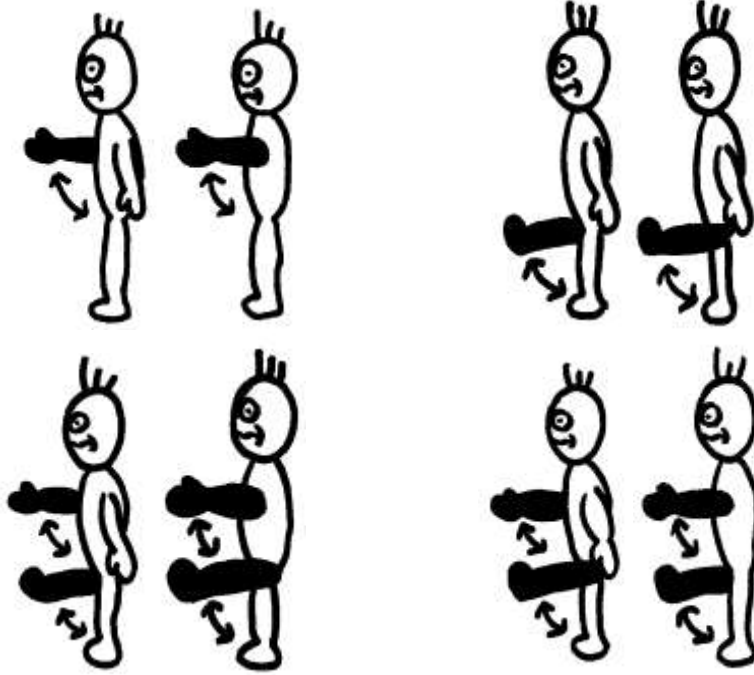
- Lift the right arm straight up while lifting and bending the right leg at the same time. Bend arm as if pulling a rope and bring down to the side while lowering the leg to the floor. Hand should rest at the side when foot hits the floor.
- Repeat for the left arm/leg
- Repeat for the right arm/left leg
- Repeat for the left arm/right leg



Chapter 8

Stand in place

- Keep right arm straight while it swings in front up to shoulder level, then lower to the side. Repeat for left arm.
- Keep right leg straight while it swings up in front, then lower to the floor. Repeat for left leg.
- Lift right arm/leg at the same time. Repeat for left arm/leg.
- Lift right arm/left leg at the same time. Repeat for left arm/right leg.



Chapter 9

Walking

- Lift right arm/leg at the same time. Repeat for left arm/leg and walk.
- Lift right arm/left leg at the same time. Repeat for left arm/right leg and walk.

