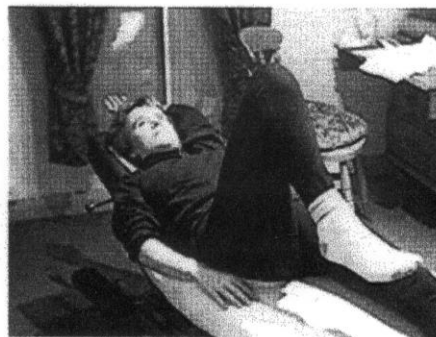
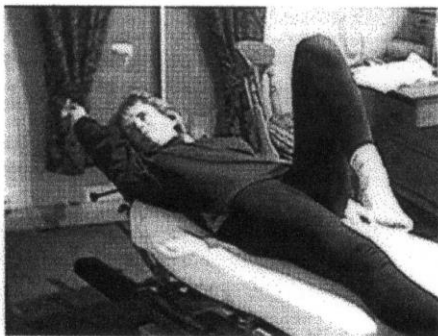
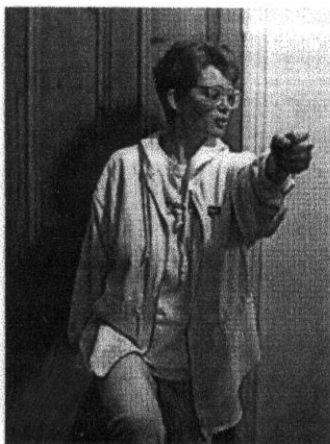


## Cross-crawl to right - supine

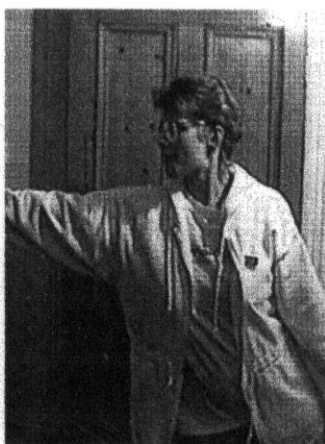


## Standing Cross-crawl

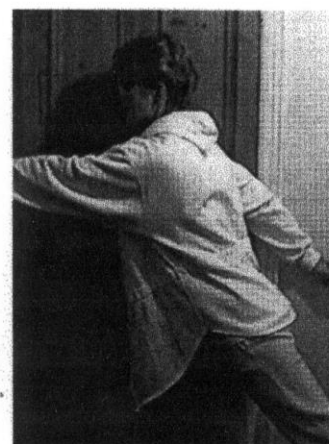
Flexion



Lateral



Extension



a. Walk on the spot, raising your foot up to the level of your opposite knee. How are your arms and legs moving together.  
b. Try and coordinate your movements so that when you raise your leg the same side arm goes behind you and the opposite arm goes forwards. Try for 5 minutes 3 times a day.  
c. Once you have coordinated your arms and legs you also need to coordinate your head. Look toward the shoulder of the arm you are raising forwards (ie opposite to the leg you are raising). Again do for 5 minutes.

a. Lift up your arm sideways so that it is above the shoulder. Lift up the opposite leg sideways. Repeat for 5 minutes 3 times a day.  
b. Once you have coordinated your arms and legs you also need to coordinate your head. Look toward the shoulder of the arm you are raising upwards. Again do for 5 minutes.

a. Lift up your leg backwards. The same side arm is raised forwards and the opposite arm backwards. Repeat for 5 minutes 3 times a day.  
b. Once you have coordinated your arms and legs you also need to coordinate your head. Look toward the shoulder of the arm you are raising upwards. Again do for 5 minutes.

