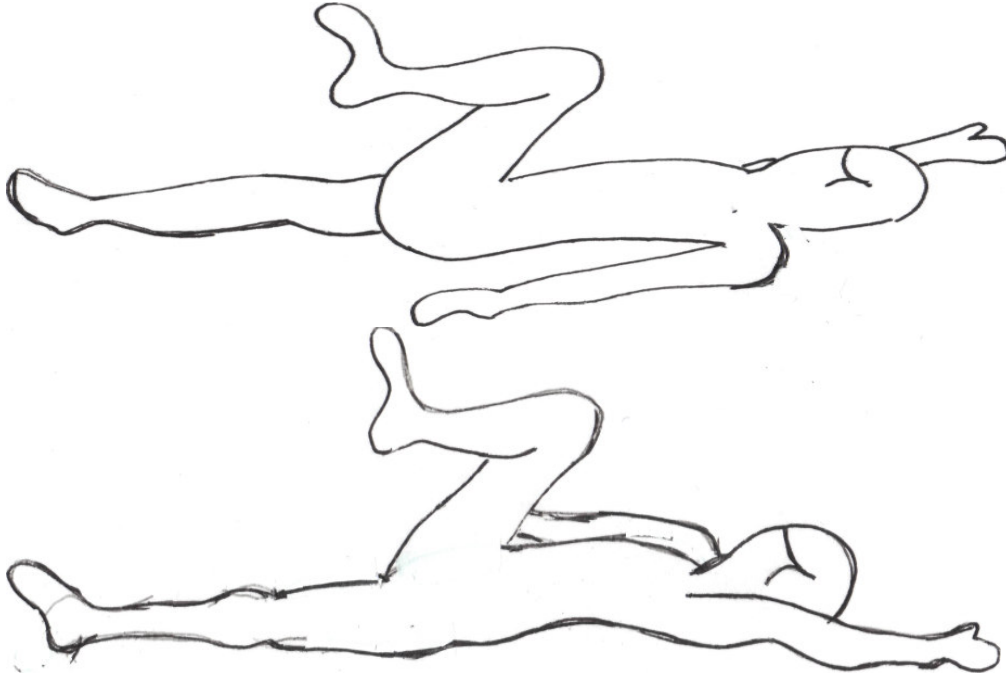


## Patterning on the Back



**Purpose of this activity:** To organize the brain at the pons level. Turning the head and looking at the upper hand improves eye function. The cross pattern prepares the client for learning and alertness.

### **Instructions for this activity:**

**Procedure:** Remove shoes and socks and lie on back on the floor or on a firm bed with legs straight and arms straight down and resting against each side of the body. (This activity can be done before you even get out of bed in the morning.) To begin, place right arm over head so it is resting on the floor above the head. Right leg is fully extended straight down and resting on the floor. *Make sure right leg and right arm are straight.* Left leg is bent at the knee so the thigh is perpendicular to the floor and the rest of the leg (from the knee to the foot) is parallel to the floor. The left arm is relaxed on the floor with the left hand near the left hip. Begin the movements by simultaneously switching each limb to the opposite position; for example:

- left leg is moved down until the leg is straight and resting on the floor;
- right leg lifts and bends at the knee until the thigh is perpendicular to the floor;
- left arm raises straight up and back so that it is resting on the floor above the head
- right arm raises straight up and forward and down until it is resting on the floor at the right side of the hip
- If able, move head from side to side so eyes are always looking at the hand in the “up” position.

**Note:** If client needs assistance, one person can move the client’s legs while the client moves arms and head; if two people assist the client, then each person can be on a side moving one arm and one leg or one could work the arms and one could work the legs.

**Counting Instructions:** Count one repetition for every time you come back to the original position. Begin with 5 repetitions and slowly build to 30.

**Variation:** For clients who are able to do this activity independently, intensity can be increased by wearing light weights: 1-1.5 lbs on wrists and 2-2.5 lbs on ankles. Build up to recommended repetitions before adding the weights.