

Averio Neurological Exercises: Circles and Cross Crawls

Circles: the three regions are your knees, hips, and neck. Do slow, small movements for each region. Each area should be done 10 times to the right and 10 times to the left.

Cross Crawls: there are 5 cross crawl movements: basic march in place, cross in front of your body, cross away from your body, side-step and forward/back “cross country skiing”. Cross crawls are always done opposite arm and leg; and each movement should be done minimum of 10 times.

The Benefits:

These neurological and mechanical exercises help with brain function, balance, joint health, spinal health and posture!

Circle exercises should be done with your body as still as possible and stay in a midline position.



KNEES: Start by standing with your feet close together, bend at the knees and put your hands on your knees by bending forward. Slowly move your knees and hands in small circles – 10 to the left and 10 to the right.

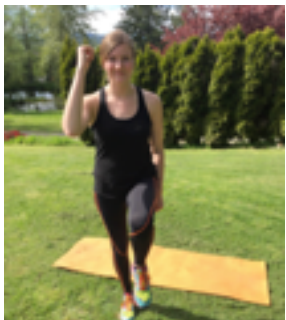


HIPS: Feet slightly wider than shoulder width apart, place your thumbs low on your hips into your hip socket. Slowly move your hips in a circle – 10 to the right and 10 to the left. Try not to move your shoulders, isolated hip movement. Stand with tall posture during the exercise.



NECK: Stand with tall posture, cross arms in front of you. Keep your nose and face looking straight ahead at all times and level, start making small, slow circles – 10 to the right and 10 to the left. Work on making this a slow, smooth movement. There is no bending of the neck during this exercise. Sometimes it helps to watch yourself in a mirror to maintain proper head position.

Cross Crawl exercises can be done seated or standing, make sure you always do opposite arm and leg; and move your arm and leg at the same time to get the MOST benefit out of these neurological exercises. Movement does not need to be big, small movement counts.



BASIC MARCH: March in place – move your left arm and right knee up together at the **same time**. Then do the other arm and leg, moving them at the same time. Min. 10 reps.



CROSS IN FRONT: March in place but this time cross your opposite arm and leg in front of your body, move them together at the same time. Then do the other arm and leg. Min. 10 reps.



CROSS AWAY FROM YOUR BODY: March in place but this time cross your opposite arm and leg away from your body, move them together at the same time. Then do the other arm and leg. Min. 10 reps.



SIDE-STEP: Step your left leg away from your body while your right arm comes up, move them together at the same time. Then do the other arm and leg. Min. 10 reps.



“CROSS COUNTRY SKIING”: Step your left leg backwards while your right arm comes straight up, move them together at the same time. Then do the other arm and leg. Min. 10 reps.