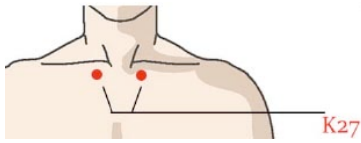
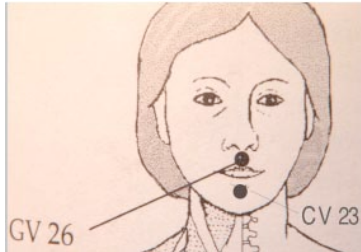


## Switching and Cross Crawl

Some simple balancing exercises



1 With one hand over the navel, rub the fingers of your other hand on both of the acupuncture points K27.



2 Then, still with hand over navel, rub GV26 & CV23 simultaneously.

3 Finally, still with one hand over the navel, rub the other hand/finger tips on the tailbone. Repeat the whole process with opposite hand on navel. Sounds complicated, but the whole process takes a minute.

4 additional technique - cross crawl exercise.

It's essentially an exercise that simultaneously moves the right arm and left leg across the midline of your body, then opposite sides. It can be a slow, exaggerated marching movement. The exercise stimulates left/right brain co-ordination. Try it and see how you feel.

Worth considering doing this 2-3 times weekly (depending on your schedule)

### A Quick Cross Crawl Explanation

"Various cross crawl exercises are a way to reprogram the nervous system, spinal muscles and various systems to work optimally together.

Humans are contralateral beings in reference to their neurological organization. The automatic sequencing of upright muscle movement (*walking and running*) is meant always to be co-ordinated the same way. That is the right arm goes forward, the left leg will do the same and when the left arm goes forward, the right leg will do the same. This is what is meant by a contralateral (*cross pattern*) neurological organization.

These are learned processes. They start to be learned by crawling on the ground as an infant. They are further developed by learning to walk and run, and by various games that children play. The complex patterns of which are stored in the nerve messaging patterns of the cerebral cortex, the cerebellum and spinal and peripheral nerves. These manage the **switch on - switch off** co-ordination of the muscles of locomotion, posture and corrective activity to maintain balance.

When you start new exercise patterns, what the nervous system does is it builds new connections.

Nerves are NOT inanimate wires that transfer electrochemical signals.

They are alive and they form new connections."

[https://www.headbacktohealth.com/Cross\\_crawl.html](https://www.headbacktohealth.com/Cross_crawl.html)

More in-depth information on cross crawl:

[https://www.evernote.com/l/ATgyizN8fABLuryxU\\_QJQqiFe\\_nGDX6CUcA](https://www.evernote.com/l/ATgyizN8fABLuryxU_QJQqiFe_nGDX6CUcA)