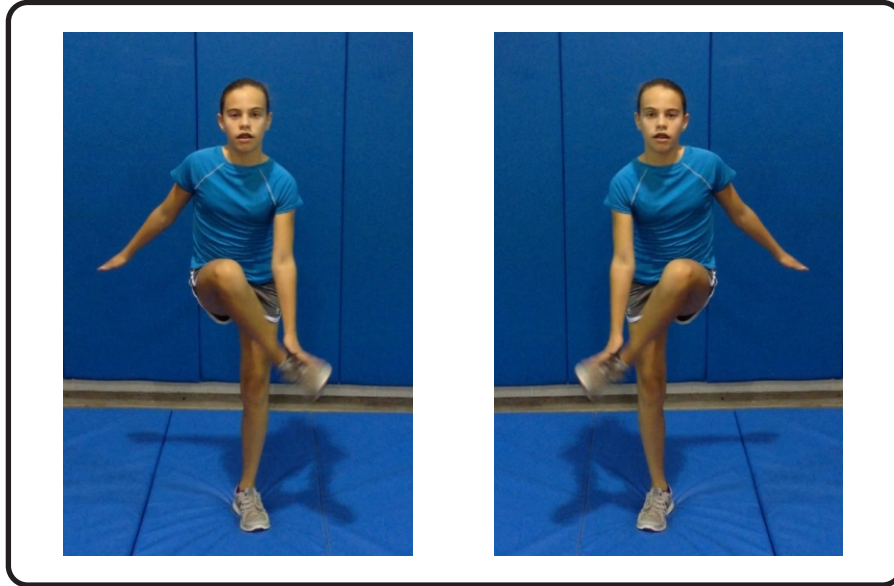


Foot Cross Crawls

Child's Name: _____ Date: _____

Therapist's Name: _____



Directions:

1. Start with feet together, hands at your side.
2. Lift your right leg up, touching the right ankle with your left hand.
3. Switch and lift your left leg up, touching the left ankle with your right hand.

Perform for _____ repetitions OR for _____ seconds.

Watch the Video:

Download a QR code reader to your smart phone or tablet.
Snap a picture of the QR code on the right to watch the video.

Watch on You Tube at http://youtu.be/GfgW_kzmYIo

