

RANDOLPH SHUFFLE

PURPOSE: To develop head to foot and bilateral motor planning

APPARATUS: Metronome

METHOD:

Instruct patient:

1. On the first beat, the arms are raised to shoulder level, with hands pointing straight ahead, while the right foot is moved forward as though taking a step, but the weight is not shifted to this foot.
2. On the second beat, the arms are moved from the first position so that they extend straight out from the shoulders, with the hands pointing to either side. At the same time, the right foot is brought around in a 90 degree arc so the toes point out toward the right side, as does the right hand.
3. On the third beat, the hands and foot are returned to the position assumed on the first beat--that is, right foot extended forward, and arms straight ahead.
4. On the fourth beat, the arms are dropped to the sides and the foot is brought back next to the left foot.
5. Repeat, using the left foot.

ASPECTS TO BE EMPHASIZED:

1. Ability to organize the arm and leg movements rhythmically and gracefully.
2. Ability to maintain movement patterns against changes in auditory rhythm.

MONOCULAR _____ BINOCULAR _____ SEPTUM _____ LENSES _____ TIME _____