



## Certification Training Manual

TRAINEE \_\_\_\_\_ DATE \_\_\_\_\_

### PATTERN TEACHING SKILLS CHECKLIST

#### Tonic Neck Pattern

Practitioner in Training educates client on:	Comments/Notes:
<ul style="list-style-type: none"><li><input type="checkbox"/> Patterning in a smooth, rhythmic fashion</li><li><input type="checkbox"/> Position - lying face up with arm and leg bent on one side and straight on the other</li><li><input type="checkbox"/> The head leading the turn to the other side</li><li><input type="checkbox"/> Fine points to check:<ul style="list-style-type: none"><li>○ Eyes look at the pointed finger of the straight arm and are open at midline</li><li>○ Eyes trace an arc as the head turns</li><li>○ The index finger of the extended arm is pointed, making a visual target for the eyes</li></ul></li></ul>	



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### Homolateral Pattern

Practitioner in Training educates client on:	Comments/Notes:
<ul style="list-style-type: none"><li><input type="checkbox"/> Patterning in a smooth, rhythmic fashion</li><li><input type="checkbox"/> Position - lying face down with arm and leg bent in 90-degree angle on one side and straight down on the other</li><li><input type="checkbox"/> The head leading the turn to the other side</li><li><input type="checkbox"/> Right hand "painting" down along the side of body as Right leg straightens</li><li><input type="checkbox"/> Left arm "hovering" up to the bent position, eyes looking at thumb, as Left leg comes to bent position</li><li><input type="checkbox"/> Fine points to check:<ul style="list-style-type: none"><li><input type="circle"/> Eyes look at the thumb of bent hand</li><li><input type="circle"/> Hand "paints" down while arm "hovers" up</li><li><input type="circle"/> Toes rest in towards midline</li></ul></li></ul>	



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### Cross Pattern

Practitioner in Training educates client on:	Comments/Notes:
<ul style="list-style-type: none"><li><input type="checkbox"/> Patterning in a smooth, rhythmic fashion</li><li><input type="checkbox"/> Position - lying face down with arm and leg bent in 90-degree angle on opposite sides and straight down on the other</li><li><input type="checkbox"/> The head leading the turn to the other side</li><li><input type="checkbox"/> Right hand "painting" down along the side of body as Left leg straightens</li><li><input type="checkbox"/> Left arm "hovering" up to the bent position, eyes looking at thumb, as Right leg comes to bent position</li><li><input type="checkbox"/> Fine points to check:<ul style="list-style-type: none"><li><input type="radio"/> Eyes look at the thumb of bent hand</li><li><input type="radio"/> Hand "paints" down while arm "hovers" up</li><li><input type="radio"/> Toes rest in towards midline</li><li><input type="radio"/> Straight arm hand rests on top of hip of bent leg or on lower back</li></ul></li></ul>	



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### English 5 Patterns

Practitioner in Training educates client on:	Comments/Notes:
<ul style="list-style-type: none"><li><input type="checkbox"/> Patterning in a smooth, rhythmic fashion</li><li><input type="checkbox"/> Each movement done ONLY ONCE</li><li><input type="checkbox"/> <b>#1 Hip Bridge:</b><ul style="list-style-type: none"><li>○ Position - on back, hands clasped over stomach, knees bent, feet on floor</li><li>○ Eyes fixed on mark on ceiling</li><li>○ Raise hips while breathing in</li><li>○ Lower hips while breathing out</li><li>○ Body centered in straight line</li></ul></li><li><input type="checkbox"/> <b>#2 Hip Roll:</b><ul style="list-style-type: none"><li>○ Position - on back, knees to chest, knees touching</li><li>○ With shoulders still, slowly turn legs to Right as far as comfortable</li><li>○ Slowly return to midline, then to Left</li><li>○ Return to midline</li></ul></li><li><input type="checkbox"/> <b>#3 Bicycle:</b><ul style="list-style-type: none"><li>○ Position - on back, knees to chest, knees together</li><li>○ Extend Right leg, pushing with heel</li><li>○ At Right leg full extension, point Right toes</li><li>○ While returning with toes pointed, extend Left leg, pushing with heel</li><li>○ At Left leg full extension, point Left toes</li><li>○ Return Left leg with toes pointed</li></ul></li></ul>	



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### English 5 Patterns continued...

<ul style="list-style-type: none"><li><input type="checkbox"/> <b>#4 Arch:</b><ul style="list-style-type: none"><li>○ Position - on stomach<ul style="list-style-type: none"><li>■ hands tucked under shoulders, palms flat</li><li>■ Back and shoulders relaxed</li><li>■ Eyes looking toward breast bone</li><li>■ Feet together</li></ul></li><li>○ Lift head slowly</li><li>○ Extend arms as comfortable</li><li>○ Feet stay together</li><li>○ Eyes lead movement with gaze in shape of arch</li><li>○ Return head to floor</li></ul></li><li><input type="checkbox"/> <b>#5 Push and Pull:</b><ul style="list-style-type: none"><li>○ Position - on side<ul style="list-style-type: none"><li>■ Head on small pillow to keep head at midline</li><li>■ Hands together at chest</li><li>■ Head extended back</li><li>■ Knees to chest</li></ul></li><li>○ Extend legs down while bringing chin to chest</li><li>○ Return knees to chest while extending head back</li><li>○ Repeat lying on Right and Left sides ONE TIME each</li></ul></li></ul>	
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### Fetal Patterns

#### Fetal Crossing Pattern

Practitioner in Training educates client on:	Comments/Notes:
<ul style="list-style-type: none"><li><input type="checkbox"/> Patterning in a smooth, rhythmic fashion</li><li><input type="checkbox"/> Position - as comfortable as possible<ul style="list-style-type: none"><li>○ In parent's lap</li><li>○ Beanbag, pile of pillows, corner of overstuffed furniture</li></ul></li><li><input type="checkbox"/> Thumbs in fisted hands</li><li><input type="checkbox"/> Hands crossed at wrists up under the chin, Right over Left</li><li><input type="checkbox"/> Legs pulled up, knees loosely apart, Right ankle crossed over Left</li><li><input type="checkbox"/> Eyes closed</li><li><input type="checkbox"/> Switch sides by gently lifting and lowering chin while hands rotate around wrists and feet around ankles</li><li><input type="checkbox"/> Allow hand to gently brush by the lips</li><li><input type="checkbox"/> Fine points to check:<ul style="list-style-type: none"><li>○ Eyes closed</li><li>○ Thumbs in fists</li><li>○ Wrists and ankles keep contact</li><li>○ Pattern should not be rushed</li></ul></li></ul>	



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### Fetal Measuring Pattern

Practitioner in Training educates client on:	Comments/Notes:
<ul style="list-style-type: none"><li><input type="checkbox"/> Patterning in a smooth, rhythmic fashion</li><li><input type="checkbox"/> Position - as comfortable as possible<ul style="list-style-type: none"><li>○ In parent's lap</li><li>○ Beanbag, pile of pillows, corner of overstuffed furniture</li></ul></li><li><input type="checkbox"/> Thumbs in fisted hands</li><li><input type="checkbox"/> Hands crossed at wrists up under the chin, Right over Left.</li><li><input type="checkbox"/> Legs pulled up, knees loosely apart, Right ankle crossed over Left</li><li><input type="checkbox"/> Eyes closed</li><li><input type="checkbox"/> Switch sides by gently lifting and lowering chin while hands and feet move out to the width of shoulders and hips</li><li><input type="checkbox"/> Return to Right over Left, then, at halfway point, complete with Left over Right positioning</li><li><input type="checkbox"/> Fine points to check:<ul style="list-style-type: none"><li>○ Eyes closed</li><li>○ Thumbs in fists</li><li>○ Pattern should not be rushed</li></ul></li></ul>	



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### Startle Pattern

Practitioner in Training educates client on:	Comments/Notes:
<ul style="list-style-type: none"><li><input type="checkbox"/> This pattern is explosive and sudden</li><li><input type="checkbox"/> Position- lying on back on a flat surface with room to spread out</li><li><input type="checkbox"/> Hands relaxed on chest</li><li><input type="checkbox"/> Legs pulled up and into abdomen</li><li><input type="checkbox"/> Pattern is sudden and explosive</li><li><input type="checkbox"/> In one sweep:<ul style="list-style-type: none"><li><input type="checkbox"/> Hands brush past ears, fingertips brushing ears slightly</li><li><input type="checkbox"/> Arms explode out to full extension, fingers extended</li><li><input type="checkbox"/> Legs shoot up and out in a "V" shape</li><li><input type="checkbox"/> Client makes loud noise such as "WAAAAAAAH"</li></ul></li><li><input type="checkbox"/> Post explosion, slowly float back into original position in preparation for next startle</li><li><input type="checkbox"/> Fine points to check:<ul style="list-style-type: none"><li><input type="checkbox"/> Brushing ears</li><li><input type="checkbox"/> Explosive motion</li></ul></li></ul>	



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### Frog Pattern

Practitioner in Training educates client on:	Comments/Notes:
<ul style="list-style-type: none"><li><input type="checkbox"/> Patterning in a smooth, rhythmic fashion</li><li><input type="checkbox"/> Position - lying on back on a flat surface which allows legs to slide<ul style="list-style-type: none"><li>○ Socks on</li><li>○ Feet pulled up close to the body, soles of feet together, knees out</li><li>○ Arms curved above the body, hands overlapping and palms facing away from body</li><li>○ Arm curve begins at mid-chest</li><li>○ Eyes focused on back of hands or on a ring on the hand</li></ul></li><li><input type="checkbox"/> Legs extend down, keeping soles of feet together at all times</li><li><input type="checkbox"/> Arms arc above the face and over the head, keeping eyes on back of hands. The head may tip back as far as comfortable. At all times, arms maintain their rounded arched shape</li><li><input type="checkbox"/> Fine points to check:<ul style="list-style-type: none"><li>○ Legs will not fully extend due to soles touching</li><li>○ Arms will not fully extend to floor or chest due to eyes being in constant contact with hands</li></ul></li></ul>	



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### Two-Part Homologous Stretch Pattern

Practitioner in Training educates client on:	Comments/Notes:
<ul style="list-style-type: none"><li><input type="checkbox"/> Patterning in a smooth, rhythmic fashion</li><li><input type="checkbox"/> Position - lying on back on a flat surface which allows legs to slide.<ul style="list-style-type: none"><li>○ Socks on</li><li>○ Legs pulled up, knees to chest</li><li>○ Elbows bent with forearm parallel to the torso/floor, palms up</li></ul></li><li><input type="checkbox"/> Arms reach up first<ul style="list-style-type: none"><li>○ Arms stay parallel to floor moving as if stroking underside of a smooth surface</li><li>○ Arms move to full extension and then return to original position</li></ul></li><li><input type="checkbox"/> Once arms return, legs drop, soles of feet to floor</li><li><input type="checkbox"/> Legs stretch out<ul style="list-style-type: none"><li>○ Slide feet so legs come to full extension</li><li>○ Return feet back in close to hips, then lift knees and allow the thigh to drop back in to abdomen</li></ul></li><li><input type="checkbox"/> Each time hands move counts as 'one'</li><li><input type="checkbox"/> Fine points to check:<ul style="list-style-type: none"><li>○ Pattern done with little stress on muscles</li><li>○ Not an abdominal exercise</li><li>○ Not a leg lift</li><li>○ Arms have to come to full rest before legs move and vice versa</li></ul></li></ul>	



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### One-Part Homologous Stretch Pattern

Practitioner in Training educates client on:	Comments/Notes:
<ul style="list-style-type: none"><li><input type="checkbox"/> Patterning in a smooth, rhythmic fashion</li><li><input type="checkbox"/> Position - lying on back on a flat surface which allows legs to slide<ul style="list-style-type: none"><li>○ Socks on</li><li>○ Legs pulled up, knees to chest</li><li>○ Elbows bent with forearm parallel to the torso/floor, palms up</li></ul></li><li><input type="checkbox"/> Arms and legs move simultaneously<ul style="list-style-type: none"><li>○ Arms stay parallel to floor moving as if stroking underside of a smooth surface coming to full extension</li><li>○ Feet slide away from body so legs come to full extension</li><li>○ Arms and legs return to original position</li></ul></li><li><input type="checkbox"/> Fine points to check:<ul style="list-style-type: none"><li>○ Pattern done with little stress on muscles</li><li>○ Limbs move at the same time</li></ul></li></ul>	