

THE CALF PUMP- Passive

Brain Gym



Stand in front of the person. Work one leg at a time. With their leg straight, hold the back of the calf and gently push forward on their foot. Hold for up to 8 seconds and release. Repeat 3 times. Repeat procedure for other leg.

Why The Calf Pump Works

The Calf Pump relaxes the muscles and tendons in the back of the body, especially in the back of the legs, which releases the reflex to hold back and the associated feelings of being unable to participate in activities or take positive action.

- ❖ Improves back-front brain integration
- ❖ Enhances expressive speech and language ability
- ❖ Increases the ability to bring processes to closure
- ❖ Improves social behaviour
- ❖ Promotes greater attention span
- ❖ Enhances the ability to communicate and respond