



Slap-Tap

This procedure helps improve the timing, rhythm, accuracy and automaticity of bilateral body movements through sequential motor planning and execution. It also helps with left-right identification, midline crossing, and reversals.

1. In a seated position with hands, palms down, resting so that the finger tips are touching the kneecap,
2. Begin by slightly “slapping” the top of the right knee cap with the fingers of your right hand. The wrist should remain in contact with the leg, serving as a “pivot”. This is followed by the tap of the foot on the same (right) side. The tap should be with the toes, while the heel of the foot remains on the floor (as you would keep the beat of a tune). Continue this 10 times until a steady rhythm is displayed: slap-tap slap-tap slap-tap.....and so on.
3. The patient repeats step 2, using only his left side.
4. Repeat step 2 and 3 back and forth. Slap-tap(right) slap-tap(left) Slap-tap(right)and so on.
4. Repeat step 2 saying “right” with each slap (but not on the tap)
5. Repeat step 3 saying “left” with each slap (but not on the tap)
6. The patient repeats step 2, but uses the tapping foot opposite the hand (slap right hand, tap left foot..... slap left hand, tap right foot...and so on).

NOTE: Do not progress through the stages too rapidly. If the sequence breaks down (for example, the same side foot is tapped when you should tap the opposite foot), begin again and proceed more slowly. Sometimes you will have to go back to step 2 or 3 when step 6 breaks down.