



Albany Children's Physio

MOVEMENT FOR AMAZING KIDS
9841 5996

Primitive Reflexes

Primitive Reflexes	Issues when not integrated fully (brief)
<p>Tonic Labyrinthine Reflex (TLR)</p> <p>Help develop muscle tone and proprioception, and balance.</p> <p>In utero ->3.5 yoa</p>	<ul style="list-style-type: none"> • Difficulty holding head up, often bends forward or leans to the side • Weak neck muscles • Hunched posture • Low muscle tone with over flexible joints • Problems lifting the arms up • Problems climbing • Eye movements not working efficiently • Balance problems, especially when looking down.
<p>Landau</p> <p>Help increase muscle strength back of neck and trunk, near vision, sitting and standing postures, breaststroke, co-ordination.</p> <p>4-5 months -> 1 yoa</p>	<ul style="list-style-type: none"> • Low muscle tone • Weak neck and back muscles • Difficulty doing breaststroke • Clumsy lower part of the body • Tense legs • Poor short-term memory • Poor balance • Difficulty hopping, skipping, jumping • Back pain (esp. in adults)
<p>Symmetrical Tonic Neck (STNR)</p> <p>Help increase muscle strength back of neck and trunk, arm and body strength, accommodation vision.</p> <p>6-9 months -> 9-11 months</p>	<ul style="list-style-type: none"> • Poor posture • Leans over when writing • Preference to "W" sit • Wraps legs around chair when sitting • Upper arm weakness • Doing somersault difficulties • Difficulty doing breaststroke • Challenges with near and far vision • Difficulties with ball skills • Poor hand-eye coordination • Headaches • Difficulty with reading/writing • Difficulty to sit still • Difficulty coping • Poor focus
<p>Spinal Galant</p> <p>Development of the vestibular system, helps the Amphibian reflex to integrate.</p> <p>Birth -> 3-9 months</p>	<ul style="list-style-type: none"> • Clumsy in the lower body • Tense legs • Restless, fidgety • Hyperactive • Does not like tight clothing • Leaning on back of chair is uncomfortable • Bed wetters • Scoliosis of spine / hip rotation • Auditory processing challenges • Difficulty with self-control • Poor endurance • Poor focus • Poor short-term memory



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<p>Amphibian (Postural Reflex)</p> <p>Connections between the cerebellum, vestibular and pre-frontal cortex, ready for independent and controlled movements.</p> <p>4-6 months -> 3 yoa</p>	<ul style="list-style-type: none"> • Clumsy lower part of body • Tense legs • Difficulty cross crawling • Difficulty crawling • Walking, running, skipping can be uncoordinated
<p>Babinski</p> <p>Developing well controlled movements through the core, more stability, develop muscle tone in the lower legs, preparing the feet for walking, mature co-ordination between feet, knees, hips and spine.</p> <p>Birth -> 2 yoa</p>	<ul style="list-style-type: none"> • Flatfooted • Slow and doesn't like walking or running • Walk on inside/outside of feet • Loose ankles that sprain easily • Toe walkers • Tension in legs /feet • Dislike wearing shoes • Balance challenges • Poor gross motor skills • Poor coordination
<p>Moro</p> <p>Important for developing breathing response.</p> <p>Our fight flight response to stimuli - controlled.</p> <p>Birth -> 2-4 months</p>	<ul style="list-style-type: none"> • Constant state of inner stress • Can be withdrawn in an attempt to shut off external sensory input • Difficult interacting with children own age • Insecure • Anxious • Outburst of anger and frustration • Lack of emotional flexibility and security • Manipulate or dominate • Oversensitive to touch and sound • Oversensitive to light and visual stimuli • Oversensitive to vestibular stimuli • Sweet tooth
<p>Asymmetrical Tonic Neck Reflex (ATNR)</p> <p>Assist babies to roll and develop the ability to twist through their spines building strength in their core muscles.</p> <p>Birth -> 6 months</p>	<ul style="list-style-type: none"> • Poor balance and coordination • Poor fine motor skills • Poor mathematical skills • Poor handwriting & spelling • Difficulties concentrating • Turn paper and work side on • Difficulties crossing the midline • Easily distracted visually • Excessive writing pressure • Dyslexia
<p>Palmer Reflex</p> <p>Automatic response flexing of the fingers to grab.</p> <p>Birth -> 5-6 months</p>	<ul style="list-style-type: none"> • Poor fine motor skills • Poor manual dexterity • Messy handwriting



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