Primitive Reflexes General Information

When we are in utero and are infants, we go through stages of development that help us grow both physically as well as mentally. During these stages we naturally do certain physical movements that help us through each stage. We repeatedly do these movements, building muscle and opening pathways to our higher thinking brain, until we no longer need them. These stages are defined by the automatic reflexes that our bodies exhibit, that become inhibited once they are integrated.

A good example is the stage that includes the Tonic Labyrinthine Reflex (TLR). At this stage, from in utero to about 4 months, when placed on his tummy, a child will pick his head up, even though his head is about the same length and weight as the rest of his body. Where does he get the strength? He doesn't have it – it is a reflex that he cannot control. Meanwhile, while he continues to pick his head up, he gains control, builds muscle, and develops neurodevelopmentally. Some of the symptoms of a retained TLR are poor posture, inability to cross eyes, and poor sense of time.

There are six primitive reflexes that I work with, although this is just a subset of all. More information on this subject can be found in the book Reflexes, Learning, and Behavior by Sally Goddard. The primitive reflexes that I work with cover the six groupings of symptoms found below. The names, in order by group, are Moro Reflex, TLR, Spinal Galant, Asymmetrical Tonic Neck Reflex (ATNR), Symmetrical Tonic Neck Reflex (STNR) and Palmar Reflex.

It takes just minutes a day to integrate these primitive reflexes at any age, beyond the early childhood stage. The exercises need to be done daily, or at least 5 times a week for about a month in order to see a change. I have seen children suddenly understand math, finally being able to memorize and remember, and for the first time being able to write a paragraph on their own. One 10 year old boy, who had embarrassing bedwetting issues, had his first dry week after working on integrating the Spinal Galant.

These reflexes set up the body and mind to be able to handle and work through the next phases in the Pyramid of Potential: the sensory-motor system, the cognitive development, and finally academics. If you are finding that issues are "stuck" then start here!!

Name: _____

Scoring

Number of Symptoms:	Group and Reflex
	Group 1 – Moro – Starfish
	Group 2 – Tonic Labyrinthine Reflex (TLR) – Fly to the Moon
	Group 3 – Spinal Galant – Snow Angel
	Group 4 – Asymmetrical Tonic Neck Reflex (ATNR) – Lizard
	Group 5 – Symmetrical Tonic Neck Reflex (STNR) – Get Pumped Up
	Group 6 – Palmar Reflex – Fingers 123 exercise

In reviewing the above list, if you saw a cluster of 2 or more symptoms in the same group, then there is reason to believe that some stages of neurodevelopment did not happen to a great enough degree