

Primitive Reflex

Mini Guide

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What are primitive reflexes?

Primitive reflexes are the first responses of the brain to develop in utero and are designed to help the newborn survive and develop successfully. These reflexes are involuntary movements that infants make in response to stimuli (for example the rooting reflex helps them nurse or suck on a bottle.) Primitive reflexes lay the foundations in the brain for all future learning, behavior, skills and emotions.

Primitive reflexes integrate on a developmental timeline throughout the first few years of life. As they integrate it makes way for new, more mature movement patterns and learning to develop. When reflexes don't integrate it can hinder development causing the nervous system to automatically react undesirably to different situations and prevent a child from mastering control of their body, emotions, and mind. When a reflex does not integrate as it should, it is referred to as a retained reflex.

Retained Reflexes:

Retained reflexes can persist, causing symptoms and/or delay, not just in toddlerhood and childhood, but into adulthood if they are not addressed. Integrating reflexes can be done by consistently practicing a series of exercises designed for the retained reflex(es) that are present. These exercises can be done for both children and adults, but it is important to remember that it takes time for integration and consistency is key.

Common reasons reflexes don't integrate include: physical or emotional trauma, inadequate nutrition, chronic infection, environmental stress (including mold), traumatic brain injuries, and more. These same factors can also cause reflexes to reverse and become un-integrated.

Primitive reflexes are evaluated by a series of exercises and tests that are preformed with an individual. Observed signs of retention are rated on a scale of severity and recorded to compare to future testing for progress.



Primitive Reflex Questionnaire

PALMAR REFLEX

- | | |
|--|---|
| <input type="checkbox"/> Inappropriate pencil grip | <input type="checkbox"/> Difficulty processing ideas onto paper |
| <input type="checkbox"/> Weak immune system | <input type="checkbox"/> Poor fine motor skills |
| <input type="checkbox"/> Difficulty or slow reading | <input type="checkbox"/> Poor posture |
| <input type="checkbox"/> Poor memory for details | <input type="checkbox"/> Constantly touching things |
| <input type="checkbox"/> Not good with math or numbers | <input type="checkbox"/> Mixed dominance |

ROOTING REFLEX

- | | |
|--|---|
| <input type="checkbox"/> Drooling | <input type="checkbox"/> Needing a lot of oral stimulation |
| <input type="checkbox"/> Sensitive to textures | <input type="checkbox"/> Tongue far forward in the mouth |
| <input type="checkbox"/> Picky eating | <input type="checkbox"/> Hypersensitivity of tongue or lips |
| <input type="checkbox"/> Thumb sucking | <input type="checkbox"/> Speech and articulation problems |
| <input type="checkbox"/> TMJ | <input type="checkbox"/> Movement of the mouth when using hands |

ATNR REFLEX

- | | |
|--|---|
| <input type="checkbox"/> Trouble crossing the midline | <input type="checkbox"/> Trouble with pencil grip |
| <input type="checkbox"/> Difficulty reading and/or writing | <input type="checkbox"/> Difficulty copying |
| <input type="checkbox"/> Hand-eye coordination difficulty | <input type="checkbox"/> Visual perception problems |
| <input type="checkbox"/> Poor distance judgement | <input type="checkbox"/> ADHD/OCD characteristics |
| <input type="checkbox"/> Difficulty with math | <input type="checkbox"/> Trouble catching a ball |

STNR REFLEX

- | | |
|--|--|
| <input type="checkbox"/> Poor posture | <input type="checkbox"/> Poor organization or planning |
| <input type="checkbox"/> Crawling late or not at all | <input type="checkbox"/> "W" sitting on the floor |
| <input type="checkbox"/> "Ape" like walking pattern | <input type="checkbox"/> Clumsy |
| <input type="checkbox"/> Lay head on desk when writing | <input type="checkbox"/> Messy eater |
| <input type="checkbox"/> Trouble copying | <input type="checkbox"/> Poor sensory integration |



Primitive Reflex Questionnaire

TLR REFLEX

- | | |
|---|---|
| <input type="checkbox"/> Poor posture | <input type="checkbox"/> Toe walking |
| <input type="checkbox"/> Motion Sickness | <input type="checkbox"/> Poor eye movement control |
| <input type="checkbox"/> Poor balance and coordination | <input type="checkbox"/> Afraid of heights |
| <input type="checkbox"/> Poor concentration | <input type="checkbox"/> Low tone |
| <input type="checkbox"/> Orientation and spatial difficulties | <input type="checkbox"/> Visual perception problems |

LANDAU REFLEX

- | | |
|--|--|
| <input type="checkbox"/> Poor head control | <input type="checkbox"/> Dislike of tummy time or being on the belly |
| <input type="checkbox"/> Poor posture | <input type="checkbox"/> Depression, anxiety, low self-esteem |
| <input type="checkbox"/> Tension in legs | <input type="checkbox"/> Possible hyperextension of the knees |
| <input type="checkbox"/> Difficulty with near vision | <input type="checkbox"/> Poor attention and concentration |
| <input type="checkbox"/> Sensory processing issues | <input type="checkbox"/> Low muscle tone in the back and neck |
| <input type="checkbox"/> Weak Core | |

SPINAL GALANT REFLEX

- | | |
|---|--|
| <input type="checkbox"/> Inability to sit still | <input type="checkbox"/> Short term memory problems |
| <input type="checkbox"/> Mixed dominance | <input type="checkbox"/> Doesn't like tight clothing or tags |
| <input type="checkbox"/> Hip rotation to one side | <input type="checkbox"/> Constant noise making |
| <input type="checkbox"/> Bedwetting beyond age 5 | <input type="checkbox"/> Difficulty co-ordinating normal walking |
| <input type="checkbox"/> Body tension | <input type="checkbox"/> Attention and concentration problems |

BABINSKI REFLEX

- | | |
|--|--|
| <input type="checkbox"/> Shin soreness | <input type="checkbox"/> Difficulty or delay in learning to walk |
| <input type="checkbox"/> Poor balance | <input type="checkbox"/> Can't press toes into the ground |
| <input type="checkbox"/> Ankle twisting | <input type="checkbox"/> Low back pain when walking or standing |
| <input type="checkbox"/> Trouble walking in the dark | <input type="checkbox"/> Problems with sports requiring balance and coordination |
| <input type="checkbox"/> Calf or achilles injury or pain | |



Primitive Reflex Questionnaire

MORO REFLEX

- | | |
|---|---|
| <input type="checkbox"/> Breath holding | <input type="checkbox"/> Inappropriate behavior and poor adaptability |
| <input type="checkbox"/> Emotional or social immaturity | <input type="checkbox"/> Sensitivity to foods or food additives |
| <input type="checkbox"/> Poor digestion | <input type="checkbox"/> Poor balance and vestibular problems |
| <input type="checkbox"/> Distractibility | <input type="checkbox"/> Motion sickness |
| <input type="checkbox"/> Difficulty with new experiences | <input type="checkbox"/> Excessive Blinking |
| <input type="checkbox"/> Impulsive or aggressive behavior | <input type="checkbox"/> Dislike of change or surprise |

FEAR PARALYSIS REFLEX

- | | |
|--|--|
| <input type="checkbox"/> Negative attitude, doesn't want to try new things. | <input type="checkbox"/> Fear of embarrassment |
| <input type="checkbox"/> "Deer in headlights" response to stress | <input type="checkbox"/> Breath holding |
| <input type="checkbox"/> Dislike of change or surprise | <input type="checkbox"/> lack of trust in self |
| <input type="checkbox"/> Tantrums | <input type="checkbox"/> Insecure |
| <input type="checkbox"/> Hypersensitivity to sound, touch or sudden movement | <input type="checkbox"/> Social anxiety |
| <input type="checkbox"/> Anxiety seemingly unrelated to reality | <input type="checkbox"/> Poor adaptability |
| <input type="checkbox"/> Hypersensitivity to sound or touch | |

If you checked more than 2 boxes on any reflex listed above, it is likely the individual has that reflex retained to some degree. Retained primitive reflexes are very common in both children and adults and it is also common to have more than 1 reflex retained.

Thank you so much for your interest!

If you have multiple signs of retained reflexes from the questionnaire above, our Primitive Reflex Course can help you! Throughout a combination of video and PDF, in this class you will learn:

- Signs and symptoms of 10 different Primitive Reflexes
- How to assess and test for each one
- Functional and Active exercises to integrate them
- Exercises that target multiple reflexes at the same time
- The importance of core strength

AND MORE



Scan here to see the class!

In person assessment appointments are also available in our office. Please call 239-955-1355 for an appointment or more information