

# Retained Primitive Reflex Symptoms



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While there is no exact set of disabilities and challenges that are attributed to each Primitive Reflex, this is a list of the ones found most often when the individual reflexes are present, and the ones that show the most improvement when the reflex is integrated.

A check mark under any of the Primitive Reflex lists indicates a need to integrate that Reflex. However we recommend working on all. Oftentimes, if a child hasn't integrated one Reflex, others may be present but less noticeable.

Refer to our video course to see the simple at home exercises to integrate these reflexes:

*Make a Difference  
with  
Primitive Reflex Exercises*

## Asymmetrical Tonic Neck Reflex (ATNR)

- Hand-eye coordination problems
- Awkward walk or gait
- Difficulty in school
- Immature handwriting
- Difficulty in sports
- Math and reading issues
- Poor balance
- Eye, ear, foot and hand dominance will not be on the same side
- Poor depth perception
- Shoulder, neck, and hip problems
- Tension down the neck, back, and hips
- Difficulty in things that require crossing over the midline of the body

## Landau Reflex

- Low muscle tone
- Poor posture
- Poor motor development
- Short Term Memory difficulty
- Tension in the back of the legs, walks on toes
- Lack of stimulation in the pre-frontal cortex causing attention, organization and concentration problems
- Weak upper body
- Difficulty swimming the breast stroke
- Struggles to do a summersault, knees buckle when head turns under
- May prevent the Spinal Galant Reflex from integrating
- Difficulty coordinating body movements that use the upper and lower part of the body together
- The low muscle tone in the neck can inhibit proper stimulation to the pre-frontal cortex, causing attention problems.
- ADD and ADHD

## **Moro Reflex**

- Easily distracted
- Hypersensitive to sensory stimuli like light, sound and touch
- Over sensitivity to motion causing car sickness
- Overreacts
- Impulsive and aggressive
- Emotional immaturity
- Withdrawn
- ADD
- ADHD
- Autism Spectrum
- Asperger's
- Difficulty making friends
- Depression
- Anger or emotional outbursts
- Poor balance and coordination
- Poor digestion and food sensitivities
- Health issues such as Allergies, Asthma, and Adrenal Fatigue

## **Palmar Reflex**

- Poor handwriting
- Poor pencil grip
- Poor fine muscle control
- Poor dexterity
- Poor fine motor skills
- Poor vision coordination
- Slumpy posture when using hands
- Back aches when sitting
- Sticks tongue out when using hands
- Poor pencil grip
- Poor ability to put thoughts to paper
- Dysgraphia
- Speech and language problems
- Anger control issues

## Rooting Reflex

- Tongue lies too far forward
- Hyper sensitive around mouth
- Difficulty with textures and solid foods
- Thumb sucking
- Speech and articulation problems
- Difficulty swallowing and chewing
- Dribbling
- Hormone imbalance
- Thyroid problems and autoimmune tendency
- Dexterity problems when talking
- Overeats

## Spinal Galant Reflex

- Hyper activity and restlessness, especially if clothes or chair brush their back
- If active down only one side of the body, can cause scoliosis, rotates pelvis, and lower back pain
- Poor concentration
- Attention problems
- Bedwetting long after potty training
- Short term memory issues
- Fidgeting and wiggly “ants in the pants”
- Posture problems
- Hip rotation on one side
- Low endurance
- Chronic digestion problems
- Tension in the legs
- Lower body clumsiness

## Symmetrical Tonic Neck Reflex (STNR)

- Poor posture standing
- Sits with slumpy posture
- Low muscle tone
- Ape-like walk
- Problems with attention especially in stressful situations
- Vision accommodation and tracking problems
- Difficulty learning to swim
- Difficulty reading
- Usually skips crawling as an infant
- Sits with legs in a W position
- ADD
- ADHD
- Hyper activity or fidgety
- Poor hand eye coordination
- Problems looking between near and far sighted objects, like copying from a chalkboard
- Sloppy eaters
- Rotates pelvis

## Tonic Labyrinthine Reflex (TLR)

- Poor balance and spatial awareness
- Tense muscles down the back of the body
- Toe walker
- Over flexible joints and weak muscles
- Difficulty holding still and concentrating
- Poor posture and weak neck
- Difficulty paying attention, especially when head is down (at a desk or reading)
- Poor sense of rhythm
- Gets motion sickness easily
- Speech problems due to forward tongue
- Spatial issues
- Bumps into things and people more than normal
- Tends to cross eyes
- Difficulty climbing up things
- Causes inefficient stimulation to the pre frontal cortex
- Usually active in kids with ADD and ADHD
- Holds head forward or to the side
- Problems with balance when looking up or down