

## Primitive Reflexes & Integration

What happens when they remain?

### *What are They?*

Primitive Reflexes are the special reflexes that develop in the brain stem before birth. This set of involuntary Primitive Reflexes help the baby with positioning in the womb, birthing, breathing, feeding, urination, walking etc. Most of these Primitive Reflexes go away throughout the first year of life as higher functions of the brain and muscle control develop.

If the reflexes remain, they interfere with the neurological organization of the brain which contribute to learning, behavioral, social, sensory and health problems. These remaining reflexes are muscle movements in older children and adults that would not normally be noticed if one did not know what to look for. They cause ongoing issues until they are suppressed through exercises.

Having them professionally assessed is important. If one remains unnoticed, it can slow improvement in cognitive development and function.

### *What can be Done?*

If any of them remain past 12 months of age, they are called **Retained Primitive Reflexes**.

There are simple exercises that can suppress each one of these reflexes. This process is called **Integrating Primitive Reflexes**. Your therapist will assess for each reflex, then give you a list of exercises and recommend how often to do them.

### *Symptoms When Primitive Reflexes Remain:*

Because Primitive Reflexes start at the base of the brain, functions that try to develop above them do not develop properly. It can cause or contribute to:

- Autism
- Autism Spectrum Disorders
- Asperger Syndrome
- Hemispheric Imbalance
- Sensory Disorders
- Hyper Activity
- ADHD
- Speech Disorders
- Social Disorders
- Asthma and other immune problems
- Dyslexia

- Dysgraphia
- Dyscalculia
- Scoliosis
- A Strange Gate
- Eating Disorders
- And more

### *How did this happen?*

There are many children and adults that for one reason or another still have one or more Primitive Reflexes remaining. Some causes may include genetics, a traumatic birth, too much time laying in seaters or swings, induced labor, C-Section birth and lack of time playing on their tummy, *aka* 'tummy time'. But usually, there is not one specific reason.

Fear not. These exercises are super simple and don't take much time.

### *Primitive Reflexes Your Therapist Will Test For:*

- ◇ Asymmetrical Tonic Neck Reflex
- ◇ Landau Reflex
- ◇ Moro Reflex
- ◇ Palmar/Grasp Reflex
- ◇ Rooting Reflex
- ◇ Spinal Galant Reflex
- ◇ Symmetrical Tonic Neck Reflex
- ◇ Tonic Labyrinthine Reflex

