



Landau

Theory, Diagnosis, Treatment, HEP

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Theory

Spinal Level Reflex (Brainstem)

- Laudau's onset: 3-5 months, integration 3+ years
- Spinal levels: all, differentiation of spinal levels emerges here
- Tummy Time: Joy making eye contact with caregivers
- Emergence: 10th week Gestation



Other

- Lack of Tummy Time
- One side has more landau than the other
- Using buttocks to activate
- Head to one side of body - dominant Landau on one side



Diagnosis

- Finding the FRONT of the body
 - Each limb able to come up against gravity without using back muscles or buttocks.
- JOY REFLEX
- Parent Handbook: Symptoms and Developmental Delays





Treatment

Getting in the position

- Sensory: pressure on the abdomen, visual stimulus
- Motor: All limbs and head come off the surface just barely, spine and head extend
- Putting the person in position and providing a proprioceptive input to each limb
- Vestibular - initial development of 45 degree canal
- Proprioception - each limb and head are able to lift against gravity
- Vision - Finding Horizon



Home Program

Integrating Landau

- Flying with parent - airplane
- Flying over ball
- Tummy Time
- Playing games, doing homework on your belly (Also helps STNR among others)

