



Spinal Galant

Theory, Diagnosis, Treatment, HEP

Maile Mohsenian, MOTR/L. 03-14-2022

Theory

Spinal Level Reflex (Brainstem)

- Spinal Galant's onset is the wiggle out of the birth canal.
- Spinal levels: T1 and L5
- Stimulates suck while sidlying for breastfeeding.
- Emergence: 10th week Gestation



Contraindications

- No wiggle seats - they are looking for stability, that's why they are moving
- Starting a listening program before spinal galant is integrated.
- Pregnancy Ultrasounds: The small hairs on a fetus' body are called laguno. An ultrasound machine causes those hairs to raise on end and activate. If they are activated too much, those hairs stop responding to stimuli and the child/person will always be searching for where they are. "Wiggle worms". Reflex is developing at 8 weeks gestation
- Article: "Obstetric ultrasound should only be done for medical reasons, and exposure should be kept as low as reasonably achievable because of the potential for tissue heating."

SOGC CLINICAL PRACTICE GUIDELINE

No. 359, May 2018 (Replaces No. 160, June 2005)

No. 359-Obstetric Ultrasound Biological Effects and Safety

This guideline was prepared by the main author and Diagnostic Imaging Committee.

Michiel C. Van den Hof, MD, Halifax, NS

Diagnostic Imaging Committee: Kimberly Butt (co-chair), MD, Fredericton, NB; Yvonne Cargill, MD, Ottawa, ON; Nanette Denis, MSc, Saskatoon, SK; Johanne Dube, MD, Mont-Royal, QC; Phyllis Glanc, MD, Toronto, ON; Ken Lim, MD, Vancouver, BC; Ori Nevo, (co-chair), MD, Toronto, ON; Mila Smithies, MD, Ottawa, ON.

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Key Words: Safety, bio-effects, ultrasound, obstetric, thermal index, mechanical index

Outcome: Outline the circumstances in which safety may be a concern with obstetric ultrasound.

Evidence: The 2005 version of this guideline was used as a basis and updated following a Medline search and review of relevant publications. Sources included guidelines and reports by Health Canada and the American Institute of Ultrasound in Medicine.

Values: Review by principal author and the Diagnostic Imaging Committee of the SOGC. The quality of evidence and classification of recommendations have been adapted from the Report of the Canadian Task Force on the Periodic Health Examination.

Benefits, Harms, and Costs: Obstetric ultrasound should only be done for medical reasons, and exposure should be kept as low as reasonably achievable because of the potential for tissue heating. Higher energy is of particular concern in the following scenarios: Doppler studies (pulsed, colour, and power), first trimester ultrasound with a long trans-vesical path (>5 cm), second or third trimester exams when bone is in the focal zone, when scanning tissue with minimal perfusion (embryonic), or in patients who are febrile. Operators can minimize risk by limiting dwell time and exposure to critical structures. It is also important to be aware of equipment-generated exposure information.

Recommendations:

1. All obstetric ultrasound operators should understand and utilize the output display standards (III-A).
2. Obstetric ultrasound should only be used when the potential medical benefit outweighs any theoretical or potential risk (II-2A).
3. Obstetric ultrasound should not be used for nonmedical reasons, such as sex determination, producing nonmedical photos or videos, or for commercial purposes (III-B).
4. Ultrasound exposure should be as low as reasonably achievable (ALARA) because of the potential for tissue heating when the thermal

Abstract

Objective: To review the biological effects and safety of obstetric ultrasound.

J Obstet Gynaecol Can 2018;40(5):627-632

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Patients have the right and responsibility to make informed decisions about their care in partnership with their health care providers. To facilitate informed choice, women should be provided with information and support that is evidence based, culturally appropriate, and tailored to their needs. The values, beliefs, and individual needs of each patient and their family should be sought, and the final decision about the care and treatment options chosen by the patient should be respected.

Diagnosis

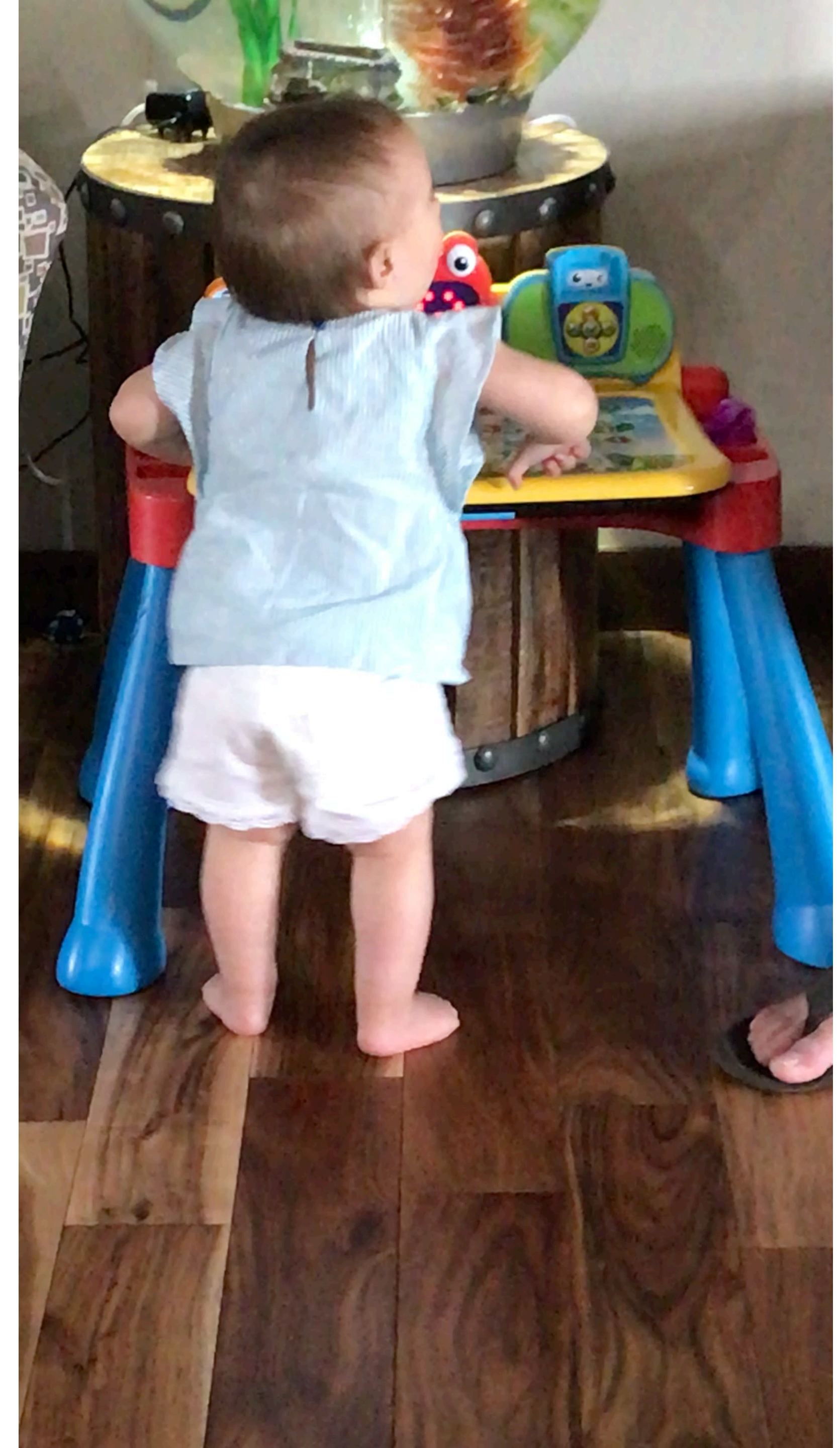
- Finding the side of the body
 - Stability lines from shoulder to shoulder and hip to hip (stability allows for freedom)
 - Shoulder moves in isolation to head.
 - Hip moves in isolation to core
 - Side that you are laying on is stability line
 - Child tolerates all their clothes/tags including a bra
- Parent Handbook: Symptoms and Developmental Delays



Treatment

Side Lying

- Slow rhythmic rocking - what do you notice?
- Vestibular - vertical semicircular canal
- Proprioception - Shock absorption against stability line
- Vision - Sustained eye contact (along with bonding reflex)
- Building the shoulder
- Building the hip
- Archetype Poster





Home Program

Integrating Spinal Galant

- Squeeze Shoulders
- Squeeze Hips
- Rhythmic Movement in Side Lying
- Stability “pushes”

References

1. Van den Hof MC. No. 359-Obstetric Ultrasound Biological Effects and Safety. J Obstet Gynaecol Can. 2018 May;40(5):627-632. doi: 10.1016/j.jogc.2017.11.023. Erratum in: J Obstet Gynaecol Can. 2018 Dec;40(12):1702. PMID: 29731208.

Questions?