



Spinal Perez

Theory, Diagnosis, Treatment, HEP

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Theory

Spinal Level Reflex (Brainstem)

- Spinal levels: All - spinal deformities
- Emergence: 12th week Gestation
- !!!!Tummy Time!!!! 1+ hour a day, should tolerate 20 minutes



Contraindications

- Not having spinal perez indicates that the brain is not being cleansed - pumping cerebral spinal fluid up to the brain for a wash.
- Phone posture with hips
- Sitting without breaks
- Childbirth will sometimes take perez off, see next slide





Diagnosis

- Finding the back of the body
- Spinal Perez:
 - No Butt
 - Unable to “Twerk”
 - Incontinence
 - Spinal Deformities
- Parent Handbook: Symptoms and Developmental Delays



Treatment

Prone

- Put pressure on sacrum at a 45 degree angle 5-7x
- Stroke up to T1 and hold for 15 seconds, repeat 5-7x
- Bring legs up toward back and criss cross ankles.
 - While holding sacrum switch legs back and forth waiting for the spine to unwind.
- Proprioception - Deep understanding of each level of vertebrae
- Vision - Sustained eye contact (along with bonding reflex)
- V- From sacrum to each scapula.





Home Program

Integrating Spinal Perez

- Kettle Bell swings
- Pressing on sacrum while child is sitting near
- Pushing on your own sacrum
- Bringing hips into anterior pelvic tilt
- BTL - Core to Floor



Questions?