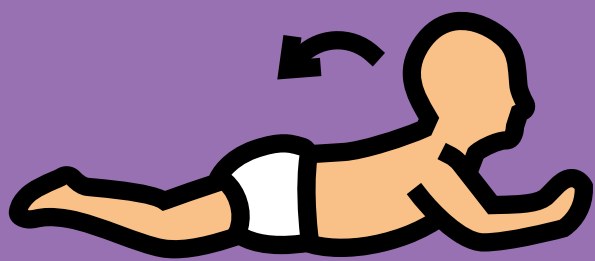


TLR



WHAT IS THE TLR REFLEX?

The Tonic Labyrinthine Reflex (TLR) is a primitive reflex in infants that affects their muscle tone and posture in response to head movement. This response is linked to gravity and helps the baby build awareness of their head position in relation to the rest of their body. The TLR generally begins to appear at birth and starts integrating (or diminishing) between 4 and 6 months of age as more complex motor control takes over.

WHAT IS THE FUNCTION OF THE TLR REFLEX?

Balance and Posture Foundation: The TLR helps the baby begin to differentiate between forward and backward movements, which are crucial for developing balance and a sense of spatial orientation.

Muscle Tone Development: This reflex activates different muscles depending on head movement, helping infants develop strength in the neck, core, and limbs.

Movement Coordination: The TLR supports coordinated movements needed for future skills, such as crawling, standing, and walking, by establishing the foundation for bilateral coordination and spatial understanding.

Vestibular System Activation: It engages the vestibular system (which controls balance) and helps the baby recognise the relationship between head position and body movement.

In essence, the TLR is a building block for developing coordination, muscle control, and a stable sense of balance.

IMPLICATIONS WHEN RETAINED

A retained TLR may affect balance, posture, coordination, and spatial awareness. It can also cause muscle tone issues, leading to poor coordination and difficulty with sitting still and focusing.

