

RETAINED PRIMITIVE REFLEXES

WHAT IS A PRIMITIVE REFLEX?

Primitive reflexes are involuntary, automatic movement patterns that are present at birth. They are essential for survival and early development, as they help infants respond to their environment and begin developing basic motor and sensory skills.

WHAT DOES RETAINED MEAN?

Primitive reflexes are typically integrated (or "inhibited") by higher brain functions as an infant's nervous system matures, usually by 6 to 12 months of age. However, some reflexes can be retained into childhood or adulthood, potentially causing developmental challenges and difficulties with motor skills, learning, and behaviour.

WHAT PRIMITIVE REFLEXES CAN BE RETAINED?

- Moro Reflex
- Tonic Labyrinthine Reflex (TLR)
- Asymmetrical Tonic Neck Reflex (ATNR)
- Symmetrical Tonic Neck Reflex (STNR)
- Spinal Galant Reflex
- Palmar Grasp Reflex
- Rooting Reflex
- Babinski Reflex

WHY ARE REFLEXES RETAINED?

Retained primitive reflexes can result from various factors, including:

- Neurological immaturity or delays
- Birth trauma or stress during early development
- Lack of appropriate movement experiences

WHAT CAN HELP TO INTEGRATE RETAINED PRIMITIVE REFLEXES?

Therapies like occupational therapy, physiotherapy, and reflex integration therapy can help inhibit retained reflexes through specific exercises and activities designed to encourage proper neurological development and integration.

