

SPINAL GALANT



WHAT IS THE SPINAL GALANT REFLEX?

The Spinal Galant Reflex involves an automatic response to stimulation along the sides of the spine. When an infant's lower back is gently stroked on one side, they will typically flex (curve) their body toward that side. This reflex appears at birth and typically integrates by around 3 to 9 months of age as more advanced motor skills develop.

WHAT IS THE FUNCTION OF THE SPINAL GALANT REFLEX?

The Spinal Galant Reflex serves several developmental purposes:

Birth Process Support: This reflex helps facilitate movement down the birth canal by allowing the infant to wiggle or twist, which can make labour and delivery easier.

Coordination and Movement: It plays a role in developing hip movement and flexibility, which later aids in balance, posture, and coordination for movements like crawling and walking.

Stimulation of Trunk Muscles: The reflex activates and strengthens muscles along the trunk, helping prepare the baby's core muscles for later movement and motor control.

Preparation for Crawling: The Spinal Galant Reflex also aids in developing the cross-lateral movement patterns essential for crawling.

IMPLICATIONS WHEN RETAINED

A retained Spinal Galant reflex can cause fidgeting, poor concentration, difficulty sitting still, and even sensitivity to clothing on the back or waist area. It can also lead to bedwetting beyond the typical age.

