

Links between the primitive reflexes and the exercises
Primitive Reflexes are printed in red and Postural Reflexes are printed in blue
Move To Learn Activities are printed in green

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Activity + Associated Reflex	Effects Associated with Retention		Further Reflex Information
Fish face Palmar Reflex Rooting Reflex	Fine muscle coordination , poor manual dexterity: handwriting will be affected Child may make movement of the mouth when trying to write or draw.(PR) Speech and articulation (RR)		ATNR The continued presence of the ATNR causes a reflexive extension of the arm, hand and fingers on the side towards which the head is turned. Affects ability to roll and crawl. Affects muscular control of writing and may lead to excessive pencil pressure, awkward pencil grip, and immature letter formation. The writer will tire quickly and may experience discomfort in arm and hand.
Sunflower Moro Reflex	If Moro is retained child may be jumpy, sensitive to sound or sudden movements. Will also affect the immune system when adrenal system is on full alert.		The Moro Reflex The Moro Reflex is a normal reflex for an infant when they are startled or feel like they are falling. It is an involuntary reaction to threat, and acts as the earliest form of 'fight or flight response'. Activated by excessive information in any of the senses, for example a loud noise, bright light or sudden stimulation of the balance mechanism, such as dropping or tilting.
Rolling Asymmetric Tonic Neck Reflex (ATNR) Symmetric Tonic Neck Reflex (STNR) Segmental Rolling Reflexes	Rolling can also help children who have a need for sensory feedback from their environment. It needs to be a slow, controlled movement.		Palmar Reflex The Palmar and Rooting Reflexes are linked developmentally and they are both 'grasp' reflexes.
Gliding Tonic Labyrinthine Reflex (TLR)	Poor posture and sense of balance can be addressed through gliding		Segmental Rolling Reflexes + Amphibian Reflex Assists in changing positions in sitting, kneeling and standing and gives fluidity to running, jumping and skiing.
Unilateral Flip Flops ATNR	This helps break up the ATNR and encourages eye/ hand focus.		SPINAL GALANT This may play an active role in the birth process, as it causes small rotational movements of the hips. Stimulation of the back on one side of the spine results in hip rotation towards the side of the stimulus.

<p>Cross Pattern Flip Flops Bilateral Integration ATNR STNR</p>	<p>As above This activity also develops the ability to synchronize upper and lower body. Develops more complex motor planning.</p>		<p>STNR This causes a reflexive bending of the arms and straightening of the legs when the head is flexed and the converse when the head is extended. Poor posture, tendency to stoop/ slouch. 'W' sitting on the floor Difficulty learning to swim and general clumsiness. Messy eater</p>
<p>Stomach Crawling Bilateral Integration Amphibian Reflex</p>	<p>Develops coordination, muscle tone</p>		<p>Tonic Labyrinthine Reflex This assists in developing postural tone and the ability to sit upright. Balance, muscle tone and proprioception may be affected if this is retained in flexion or extension. Often linked to car sickness.</p>
<p>Back Crawling Spinal Galant</p>	<p>Some children require constant stimulation in the middle of the back which looks like restlessness. They are unable to sit still and they lack concentration. May also have balance problems and clumsiness when walking/ kicking a ball</p>		<p></p>
<p>Rocking STNR Palmar Reflex</p>	<p>Developmentally a pre-cursor to crawling. This activity improves muscle tone and hand-eye coordination.</p>		
<p>Unilateral Crawling Palmar Reflex</p>	<p>Flat palms works on the Palmar Reflex. The activity also encourages general coordination.</p>		
<p>Cross Pattern Crawling Bilateral Integration Palmar Reflex</p>	<p>As above</p>		
<p>Cross Point walking Bilateral Integration</p>	<p>Develops more complex motor planning. You may observe 'overflow' movements such as the tongue extending as the child concentrates.</p>		