



# Retained Primitive Reflex

## Symptoms

### Master Checklist

#### **Moro Reflex**

Retained Moro Reflex may lead to any of the symptoms below:

- Excessive blinking
- Hypersensitivity to sudden noise, light or movement
- A hyper startle response, followed by rapid heartbeat
- Difficulty with new or stimulating experiences
- Impulsive behavior
- Vestibular problems (imbalance, dizziness, motion sickness, vertigo)
- Anxiety, flushing uncontrollably when embarrassed or nervous
- Frequent ear and throat infections
- Depleted energy, fatigue, mood swings
- Dislike of change
- Sensitivity to foods or food additives; Chronic digestive problems

#### **Fear Paralysis Reflex**

Retained Fear Paralysis Reflex may lead to any of the symptoms listed below:

- Anxiety seemingly unrelated to reality
- Hypersensitivity to touch, sound, changes in visual field
- Dislike of change or surprise; Poor adaptability
- Breath holding
- Fear of social embarrassment
- Insecure/Lack of trust in oneself
- Overly clingy or may be unable to accept or demonstrate affection easily
- Negativism, defeatist attitude, won't try new activities, especially where comparison or excellence is expected
- Temper tantrums
- Immediate motor paralysis under stress - can't think and move at the same time ("deer in headlights" response)



## **Asymmetrical Tonic Neck Reflex (ATNR)**

Retained ATNR may lead to any of the symptoms below:

- Poor handwriting
- Difficulty reading and tracking
- Left-right confusion (mixed laterality); ambidextrous
- Difficulty copying
- ADHD/OCD characteristics
- Missing parts of a line when reading
- Difficulty catching a ball
- Poor at sports, dancing or bilateral integration
- In adults, there can be chronic shoulder and/or neck problems
- Eye hand coordination difficulty
- Judgement of distance may be affected

## **Tonic Labyrinthine Reflex (TLR)**

Retained TLR may lead to any of the symptoms below:

- Poor posture
- Toe walker as a kid or as an adult
- Poor balance and coordination
- Poor eye movement control
- Visual-perceptual difficulties
- Afraid of heights
- Difficulty judging space, distance, depth and speed
- Poor concentration
- Fatigue while reading or working or studying at a desk
- Motion sickness

## **Symmetrical Tonic Neck Reflex (STNR)**

Retained STNR may lead to any of the symptoms below:

- Poor posture (when head bends, the arm will bend causing a tendency to slump when sitting; often will end up almost lying on the desk to write)
- Tend to “hook feet” under desk for support
- Clumsy
- Eyes fatigue when reading or focusing near a screen
- As a child they skipped, missed, or shortened crawling time or crawled in an unusual way
- Difficulty sitting with legs crossed (“W” position when sitting on floor)
- Poor upper and lower body integration affecting gross motor skills



- Poor eye-hand coordination
- Messy eater
- Poor organization and planning skills

## Rooting and Sucking Reflexes

Retained Rooting & Sucking reflex may lead to any of the symptoms below:

- Speech and articulation problems; stuttering
- Difficulty swallowing and chewing
- Difficulty speaking and doing manual tasks at the same time
- Involuntary tongue or mouth movements when writing or drawing
- Poor manual dexterity, especially when chewing or speaking
- Hypersensitivity around lips and mouth
- Oral fixation; always need to be doing something with mouth (chewing gum, biting lip, sucking candy, etc)
- Dribbling and drooling
- Poor manual dexterity when speaking
- Hormonal imbalances or deficiencies (adults)

## Palmar Grasp Reflex

Retained Palmar Grasp Reflex may lead to any of the symptoms below:

- Poor fine motor skills and manual dexterity
- Inappropriate pencil grip and poor handwriting
- Weak immune system
- Difficulty processing ideas on to paper
- Poor posture and/or back pain when working at a desk or computer
- Constant need to always touch and hold things in hand
- Difficulty or slow reading
- Poor memory for details
- Not good with math or numbers
- Mixed dominance; ambidextrous or left handed

## Babinski Reflex

Retained Babinski may lead to any of the symptoms below:

- Difficulty or delay in learning to walk (beyond 14 months)
- Running awkwardly
- Poor balance



- Can't press toes into the ground
- Problems with sports requiring balance and coordination while running
- Low back pain while walking and/or standing
- Shin soreness
- Recurrent ankle twisting
- Difficulty walking in the dark (vision in not able to assist balance)
- Calf or achilles tendonitis; injury or pain

## Spinal Galant Reflex

Retained Spinal Galant may lead to any of the symptoms below:

- Can't sit still; fidgety
- Short term memory problems
- Bedwetting beyond age 5; Chronic bladder control issues
- Sensitive to tight clothing around waist or tags on clothes
- Constant noise making
- Attention and concentration problems
- Difficulty coordinating normal walking gait
- May affect fluency and mobility in physical activities or sports
- Can contribute to the development of scoliosis (curvature) of the spine
- Body tends to tilt to one side, can cause chronic back, or neck pain

## Landau Reflex

Retained Landau Reflex may lead to any of the symptoms below:

- Low muscle tone in the back and neck
- Disliked tummy time; dislikes being on belly
- Poor attention and concentration
- Difficulty with near vision; and three-dimensional vision
- Poor posture
- Possible hyperextension of knees
- Tension in legs; may cause toe walking
- Depression, anxiety, low self-esteem
- Poor head control