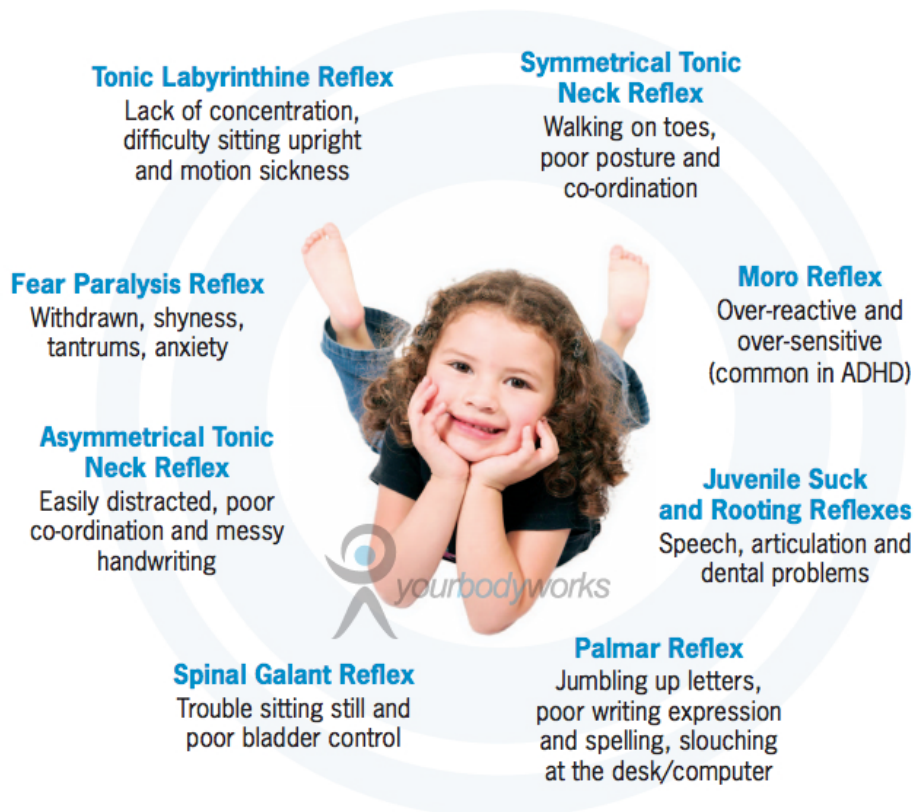


The Importance of Integrating Primitive Reflexes

Primitive (infant) Reflexes are repetitive, automatic movements that are essential for development of head control, muscle tone and sensory integration in babies. They form the basis of our postural and lifelong reflexes. As you mature these reflexes are no longer needed so they take a 'back seat' and the higher brain takes control. This is an essential and normal stage of development, allowing children to perform the more complex tasks required in classroom learning, movement control and social interactions.

However, due to birth trauma or developmental restrictions these reflexes might remain dominant. This will adversely affect your development, learning and behaviour. This is a **Retained Primitive Reflex**.

Sometimes if reflexes are retained they can present in children and may be a contributing factor of behaviour issues, learning issues, developmental delays, vision and hearing challenges, and co-ordinating gross or fine motor movements. Please see diagram below of other common issues.



What Can Cause Unintegrated Primitive Reflexes?

- Stress of the mother and/or baby during pregnancy; breech birth, birth trauma, caesarean birth, induced birth
- Lack of proper movement in infancy: being placed in baby walkers, jolly jumpers, being left for long periods of time in car seats/baby capsules, and being placed in front of TV in bouncers which all restrict critical movements required for brain development
- Illness, trauma, injury, chronic stress
- Dietary imbalances or sensitivities

Albany Children's Physio can help children and adults complete the primitive reflex patterns and transform the challenges into purposeful behaviours.

Please call us on **9841 5996** for an appointment.