



11 May 2022

Juvenile Suck + Rooting Reflexes - Home Exercises

[Retained Primitive Reflex \(/home-exercises/category/Retained+Primitive+Reflex\)](/home-exercises/category/Retained+Primitive+Reflex)

Disclaimer: These exercises are general advice only and are not specific to you or your child. They are intended for educational purposes only and it's highly recommended you seek assistance from your local health practitioner for assessment, diagnosis and management.

Juvenile Suck and Rooting Reflexes Retained Primitive Reflex Integration Home Exercises

Join Chiropractor Karli Plowright of Nomad Chiropractic in Mosman, NSW as she takes you through some options for home exercises that may help you/your child to integrate the retained primitive reflex; which could significantly improve the related symptoms or signs.

THE STEPS:

1) CAT WHISKERS/FACE STROKES

- Child to sit facing forward
- Assistant/parent to "draw" whiskers on the face with a finger/paint brush alternative (both sides) at 3 different angles from ear toward mouth
- REPEAT on the other side
- Assistant/parent to "draw" with their finger/paint brush from the nose around the lips to the chin
- REPEAT on the other side
- REPEAT!

2) PUFF CHEEKS

- Child to blow air into cheeks
- Hold for 10 seconds; relax; + repeat!

+ REPEAT!

3) SUCK IN CHEEKS

- Child to suck cheeks in
- Hold for 10 seconds; relax; + repeat!

+ REPEAT!

4) BIG SMILE!

- Child to smile as big as they can
- Hold for 10 seconds; relax; + repeat!

+ REPEAT!

AND REPEAT!

Need some help?

Contact your local Chiropractor, Osteopath, Physio, OT, GP who has training in retained primitive reflexes. They can help by assessment of their active reflexes; and a combination of physical therapy and better advice or demonstration of these exercises might help you and your child to integrate these reflexes.

Please note:

- *Karli is perfectly imperfect in her demonstration of these.*

- These exercises are intended as general advice; they are not specific to your individual needs. If you're experiencing any discomfort or pain please seek professional help.

Retained Juvenile suck and Rooting reflex Home Exercises



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