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Primitive Reflex Integration and Safe and Sound Protocol UK Provider

MOVE2CONNECT NEURO-DEVELOPMENTAL THERAPY

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THE SAFE AND SOUND PROTOCOL

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ATNR:ASYMMETRICAL TONIC NECK REFLEX FPR: FEAR PARALYSIS REFLEX MORO REFLEX SPINAL GALANT REFLEX SSP: SAFE AND SOUND PROTOCOL STNR: SYMMETRICAL TONIC NECK REFLEX

Retained Reflexes in Adults: Could you be compensating for primitive reflexes?

Move2Connect

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Identifying signs of primitive reflexes

Fear Paralysis Reflex
Suffers from anxiety, excessively shy, tendency to hide, cannot speak out, has to be right, introverted

Moro Reflex
Sensory processing challenges—over-sensitivity to light, touch, smell, sound, tendency to over-react, cannot modulate, cannot switch off

Spinal Galant Reflex
Finds it difficult to sit still, possibly a late bed wetter, tactile defensiveness, cannot separate upper and lower body, difficulties swimming, breaststroke, auditory processing challenges

Tonic Labyrinthine Reflex
Poor balance, motion sickness, lack of concentration, fear of heights, toe walking

Symmetrical Tonic Neck Reflex
Poor core strength, poor concentration, poor posture, low stamina, tendency to w-sit



Asymmetrical Tonic Neck Reflex
Confuses left and right, has mixed dominance or is left-handed, symptoms of dyslexia, dyspraxia, dyscalculia, dysgraphia, letter/number reversal, easily distracted, poor concentration, problems learning to ride a bike, problems swimming, front crawl

Palmar grasp reflex
Poor pencil grip, anxiety, can't move fingers and thumb independently, sensitive palms, tendency to drop things, tendency to hoard

Plantar grasp reflex
Anxiety, cannot move forward, toe walking, slower than average to complete tasks

Suck/Root Reflexes
Poor articulation, limited diet, difficulties grasping complex concepts or tasks, may suck thumb/fingers/clothing, inefficient inner temperature

Babkin reflex
Attachment issues, finds it difficult to trust others, moves mouth while using hands

Retained Reflexes And Dyslexia, Dyspraxia, Dyscalculia, Dysgraphia

The Hidden Key: Ways Retained Primitive Reflexes May Impact Your Daily Life

Choosing the Right Independent School: 11 Tips for Informed Decision-Making

Safe and Sound Protocol Side Effects vs ANS Processing – Reframing our perspective

Sensory Processing Difficulties and Primitive Reflexes 101

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I often use my own experiences as a private pilot to explain compensation to new clients who want to know about [retained reflexes](#) in adults – the concept of working extra hard as a result of retained primitive reflexes due to a not quite “typically”-wired brain:

I was an average child who grew up in the 1970s. I played outdoors in all weathers, possibly a lot

more than the children of today – skipping, French elastic, climbing frames, gymnastics, tree-climbing, getting muddy etc.

I was talking in full sentences when I was a year old, could read my name at 15 months and was reading when I was tiny (not sure how old). I remember being shocked that children had to read out loud when I started in Reception, though – I'd been reading in my head for ages before that. I didn't really crawl – I went straight to walking at about 15 months. I can remember trying and failing to crawl – because I have a ridiculously early memory. I was also EXCESSIVELY shy. I found nursery school just too noisy and scary and remember hiding until I was picked up the ONE time that my mother left me at a big nursery school. I ended up going to a small playgroup at someone's house, and have very fond memories of it, even now – even though I was only about three years old when I started going there.

Oh... also, nobody ever believes quite how early my memories go back. You won't either, so I'm not going to tell you. But it's not normal to remember anything from the first few months of life, and yet I do.

At school, I learnt to write easily. I wasn't brilliant at maths, but not everyone is, right? My forte was always language and music. Well, I now think I may well be dyscalculaic, and I know that I have slower than average processing speed. I found times tables horrific to learn, and would always be last to finish in maths tests. I also found swimming front crawl particularly difficult, and found sitting comfortably still all day at school a challenge!

Retained reflexes in adults

So, when I started training in primitive reflex integration, seven years ago, I was slightly shocked to discover that I am not “neurotypical”. Walking at 15 months, skipping crawling, being excessively shy, not being able to master that cross-lateral front crawl movement and being as atrocious at maths as me is not “normal” development. But who cares? I have been successful in life! I did really well in my previous career. I can also fly light aircraft, so surely my brain must be functioning reasonably well? And yes, it is...

But... when I went on a course on the effect of retained primitive reflexes on reading and writing a few years back, I discovered to my great surprise that I had not developed a head-righting reflex! This is an adult postural reflex, which should start to emerge at around 3 months of age, and its absence causes vestibular issues, and makes reading – in particular copying from a board – and maintaining attention particularly difficult.

To test, you get a person to sit look at an object a few metres away. You then move their shoulders from side to side, and watch what the head does. If the reflex is present (as it should be), the eyes will remain level with the horizon. If it has not emerged, the head will follow the rest of the body.

The trainer showed us some isometric pressures that can be applied to help develop the head-righting reflex, and, as if by magic, within minutes mine started to emerge! I remember hearing gasps from the other course participants.

Out of interest, I went flying in a two-seater plane a couple of weeks later and did a few steep turns to see whether anything had changed. Well... normally, steep turns had the effect of making me feel disoriented and I would always lose hundreds of feet, no matter how many times I practiced and no matter how much I concentrated. However, with a head-righting reflex in place, my eyes stayed on the horizon and I maintained height for the first time since I started flying in 2003! I no longer felt

disoriented either.

I often see private pilots in the early stages of training saying that they feel sick, and receiving advice on motion sickness bands, ginger etc – I often wonder whether they have a head-righting reflex or whether I could help them with it.

Why You Are Bad At Steep Turns



I've also brought this adult postural reflex online in several children and adults that I've worked with – it's always a thrill. If it doesn't happen immediately, something else is blocking it, however.

I digress....

The point of this post is to show that almost all of us are walking around compensating for difficulties that we are unaware of. To us, these difficulties are the norm, but they need not be! If a child is struggling with confidence, attention or the three Rs, it is well worth taking a look to see whether their reflex profile might be causing them to compensate.

So what can we do about it?

Primitive Reflexes

As a neuro-developmental therapist, I test for active baby reflexes, and help people to gradually mature these reflexes, using a combination of gentle foetal/newborn baby movements and pressures. Until you have experienced this for yourself, it is very hard to explain how it feels to suddenly have a challenge you have been used to for your entire life suddenly removed.

In my case, while my brain has indeed always allowed me to cope very well in the world and achieve things like learning to speak multiple foreign languages with ease, play the violin and fly light aircraft, things still could have been easier for me if I'd had integrated reflexes earlier.

Integrating primitive reflexes simply means that connections from the brainstem to higher levels of the brain will work more efficiently and not take the long way around all the time.

I now find that I can do things that I used to struggle with far more effortlessly – for example,

- Getting butterflies before a stressful meeting: gone
- Ability to listen and concentrate: vastly improved

- Processing speed: vastly improved
- Auditory processing: vastly improved
- Ability to express myself clearly under stress: vastly improved
- Procrastination: greatly reduced – especially when it comes to writing a blog post or completing a daunting form

If you would like to find out how reflex integration might help you, please do [get in touch](#) or book an appointment

[Book appointment](#)

atnr reflex # featured # head righting reflex

moro reflex # primitive reflexes

retained reflexes

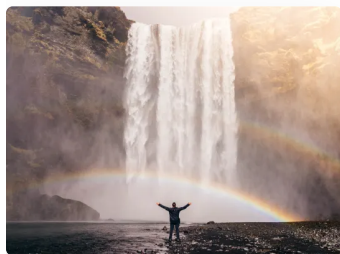


Natural Menopause Relief: Why a well-functioning autonomic nervous system minimises symptoms

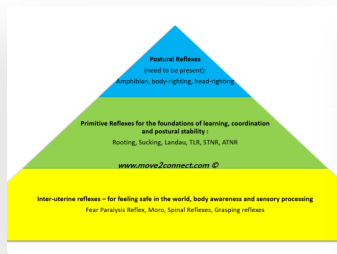
DIY Primitive Reflex Exercises



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Co-Regulation and Whole Brain Approach in Primitive Reflex Integration



The Spine, Fear and APD / ADHD



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The Safe and Sound Protocol in the words of a 12 year old



Success Factors for the Safe and Sound Protocol



An introduction to Primitive Reflexes

