Article

# Integration exercise programme for children with learning difficulties who have preserved vestigial primitive reflexes

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Citations (12)

Abstract

Background: The main goal of the research was to determine the usefulness of the Integration exercise programme stimulating development in children with learning difficulties who have preserved vestigial primitive reflexes. Their symptoms included weak motor and visual-motor coordination, lowered visual and auditory analysis and synthesis which resulted in difficulties in reading and writing, disrupted emotional development, psychomotor hyperactivity, weak concentration and other symptoms. Material/ Methods: 104 children with learning difficulties and other accompanying symptoms took part in the experiment. The children were trained in the shape of the Integration exercise programme at school under a therapist's supervision and additionally at home under parental supervision. The children who went through the whole programme were qualified to the experimental group and those who resigned from the programme after a short period of time – to the control group. A pre-test and a post-test, before and after completion of the Integration exercise programme, was used to evaluate the results. Results: It was found that the Integration exercise programme is useful in therapy involving facilitation of development in children with learning difficulties, who exhibit various symptoms. Almost all the obtained results were statistically significant. The Integration exercise programme is particularly effective in the case of children exhibiting a whole set of symptoms along with learning difficulties, problems with concentration, weak emotion control, weak motor development, abnormal muscle tension, weak motor coordination. Conclusions:The Integration exercise programme widens the range of methods stimulating development and the range of possibilities to apply the therapy practiced in psychology, pedagogy and physiotherapy.

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... In addition, McPhillips and Sheehy (2004) uncovered a correlation between uninhibited reflexes and various deficits in a group with the highest level of NMI indicators. In a different study, reading skills considerably improved in a group of children where uninhibited PRs decreased after a specific program of physical exercises (Grzywniak, 2017) . ... ... Studies conducted on the relationship between PRs and RD (Goddard Blythe, 2005;Grzywniak, 2016 Grzywniak, , 2017 Jordan-Black, 2005;McClelland et al., 2015;McPhillips et al., 2000;McPhillips & Jordan-Black, 2007;Wahlberg & Ireland, 2005) have examined the tonic labyrinthine reflex (TLR), the asymmetrical tonic neck reflex (ATNR), and the symmetrical tonic neck reflex (STNR). These reflexes are linked to oculomotor functions and changes in muscle tension in different parts of the body during head movements. ...

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... Movement tasks strengthen control and self-control functions, attention concentration, endurance, and the ability to exert effort. Working in pairs leads to concrete experiences that teach the child about their self-limits and their partner's perception and develop cooperative skills (Grzywniak, 2017; Melillo, 2011). "Even in the case of milder neurological impairments, movement can be the starting point and the right tool" (Porkolábné Balogh et al., 1996, p. 8). ...

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... Movement tasks strengthen control and self-control functions, attention concentration, endurance, and the ability to exert effort. Working in pairs leads to concrete experiences that teach the child about their self-limits and their partner's perception and develop cooperative skills (Melillo, 2011; Grzywniak, 2017) . "Even in the case of milder neurological impairments, movement can be the starting point and the right tool" (Porkolábné Balogh et al., 1996, p.8). ...

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... This program has studies that endorse both the evaluation and the results of its implementation in different educational centres such as Mellor school, Prince Albert school, Swanwick school, NEELB school in the UK (Blythe, 2005) prior to its official publication (Blythe, 2012), the Care and Educational Complex in Krakow, Poland (Grzywniak, 2016), different public and nonpublic schools in Vlora, Albania (Bilbilaj et al., 2017), and a group of schools in Lower Silesia, Poland (Gieysztor et al., 2018). Implementing the psychoeducational program has led to improvements in motor areas such as balance and movement coordination (Blythe, 2005;Gieysztor et al., 2018), in academic performance through improved reading and learning skills (Bilbilaj et al., 2017;Blythe, 2005;Chinello et al., 2018;Matuszkiewicz & Gałkowski, 2021), and in behavioural difficulties (Bilbilaj et al., 2017; Grzywniak, 2017) . ...

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... Este programa cuenta con estudios que avalan tanto la evaluación como los resultados de aplicación en diferentes centros educativos como el colegio Mellor, colegio Prince Albert, colegio Swanwick, colegio NEELB en Reino Unido (Blythe, 2005) previo a su publicación oficial (Blythe, 2012), el Complejo de Cuidados y Educativo de Cracovia, Polonia (Grzywniak, 2016), distintas escuelas públicas y no públicas en Vlora, Albania (Bilbilaj et al., 2017) y en un grupo de colegios de Silesia Baja, Polonia (Gieysztor et al., 2018). La implantación del programa psicoeducativo ha obtenido mejoras en áreas motoras como el equilibrio y la coordinación del movimiento (Blythe, 2005;Gieysztor et al., 2018), en el rendimiento académico a través de la mejora de la lectura y las dificultades de aprendizaje (Bilbilaj et al., 2017;Blythe, 2005;Chinello et al., 2018;Matuszkiewicz y Gałkowski, 2021) y en las dificultades de conducta (Bilbilaj et al., 2017; Grzywniak, 2017) . ...

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... These exercises improve balance and coordination skills and proprioception (a sense of their own body in space). Grzywniak reported the same finding in her research [34] . Grigg et al. [35] describe the positive effects of using the Rhythmic Movement Training by parents to integrate primary reflexes in children aged 7-12. ...

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... Even if kinematic parameters are explored in some studies, the symmetry index of pelvis motion has not been found by authors so far. The impact of primitive reflexes on a child's life is still being checked by different kinds of researchers in different disciplines such as psychology, pedagogy, and physiotherapy, where some interventions are being undertaken [38][39][40][41] [42] [43]. This demonstrates the importance of cooperation for child integral understanding and support. ...

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