

KINUU BLOG

Unraveling the Connection Between ADHD and Retained Primitive Reflexes

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Hey there, readers! Today, we're diving into the fascinating world of ADHD and exploring an intriguing connection with something called "retained primitive reflexes." Now, while ADHD can sometimes be a challenge to

navigate, understanding how these reflexes come into play might just offer some valuable insights. So, let's get to it!

The Basics of ADHD:

Attention deficit hyperactivity disorder (ADHD) is a neurological condition that affects both children and adults, making it harder for them to concentrate, stay organized, and control impulsive behaviors. It's like having a charging battery in your brain, constantly buzzing with activity and making it difficult to focus on one thing at a time.

Enter: Retained Primitive Reflexes:

But what exactly are these retained primitive reflexes? Well, these reflexes are automatic movements that develop in infants and help them survive and thrive during the early stages of life. They assist with fundamental actions like crawling, grasping objects, and even the ability to walk without falling on your face (we've all been there, right?).

Normally, these reflexes integrate into more sophisticated voluntary movements as the brain matures. However, in some cases, these reflexes can remain active and interfere with the development of higher-level skills, resulting in various challenges, including ADHD symptoms.

Understanding the Connection:

While the connection between ADHD and retained primitive reflexes is still being explored, some evidence suggests that these retained reflexes may contribute to attention and focus difficulties experienced by individuals with ADHD. When these reflexes persist, they can disrupt the brain's ability to filter out unnecessary sensory information, leading to distractibility,

impulsivity, and hyperactivity.

It's important to note that retained primitive reflexes are not the sole cause of ADHD, nor does everyone with ADHD have these reflexes. ADHD is a complex condition with multiple contributing factors. However, for those who do have retained reflexes, addressing them may help reduce ADHD symptoms and improve overall functioning.

Addressing Retained Primitive Reflexes:

So, how can we tackle these pesky primitive reflexes? Well, luckily, there are various therapeutic approaches that can assist in their integration. Some common methods include occupational therapy, physical therapy, and specific exercises designed to target these reflexes and promote their integration into higher-level movements.

These therapies can help “rewire” the brain, allowing it to develop more efficient pathways and improve attention, focus, and self-regulation. Additionally, lifestyle adjustments, such as regular exercise, adequate sleep, and a well-balanced diet, can also play a supportive role in managing ADHD symptoms.

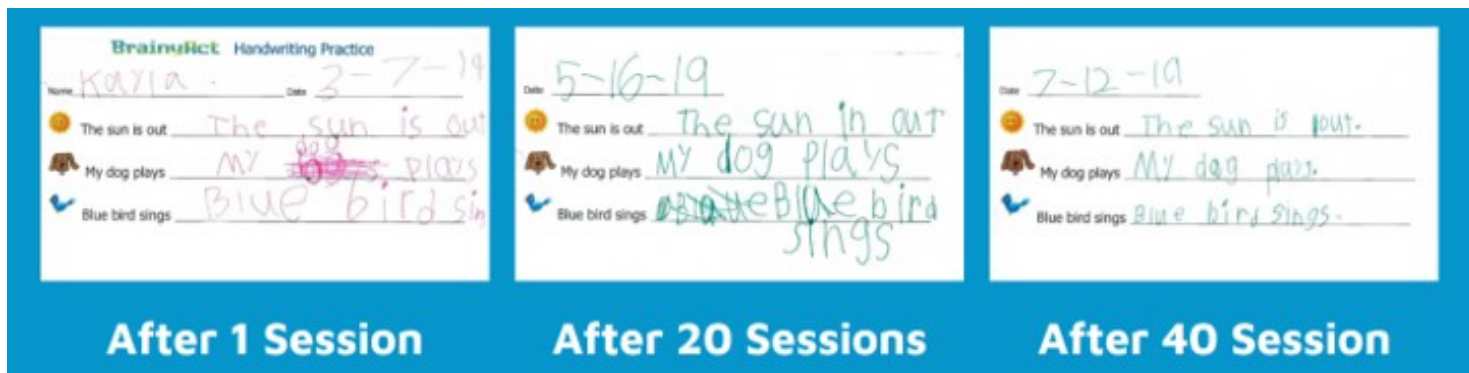
While understanding retained primitive reflexes in relation to ADHD may not be essential knowledge for everyone, it can undoubtedly provide valuable insights for individuals seeking alternative approaches to manage their symptoms. Exploring this connection serves as a reminder that the human brain is a complex web of interconnected functions, and sometimes untangling a few knots can make a significant difference.

So, whether you or someone you know is navigating the world of ADHD,

considering the potential role of retained primitive reflexes might just be an extra tool in your toolbox. Who knows? It could be the missing link that helps unravel the mysteries of ADHD and leads to a more balanced and focused life. Stay curious and keep exploring!

The good news is the brain and body connections can be built at any age. The handwriting sample below is from an eight-year-old girl, Kayla, who completed 40 BrainyAct brain-body training sessions over four months. It shows how unorganized and awkward she felt, moved, and thought before completing the program and how much improvement she made in these connections by the end. Her handwriting improved dramatically by training foundational body awareness, balance, cross-body movement, rhythm and timing, fine motor movements, perceptual thinking, and eye-tracking, not from practicing handwriting.

Kayla, Age 8



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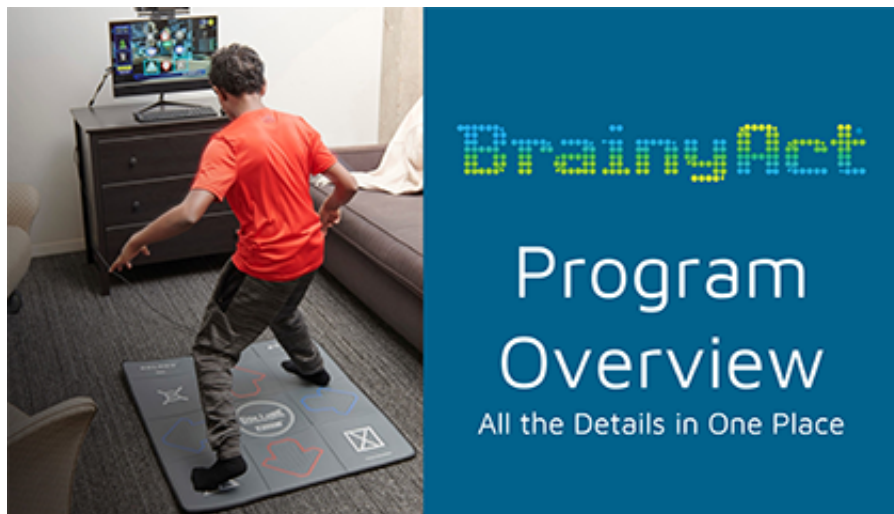


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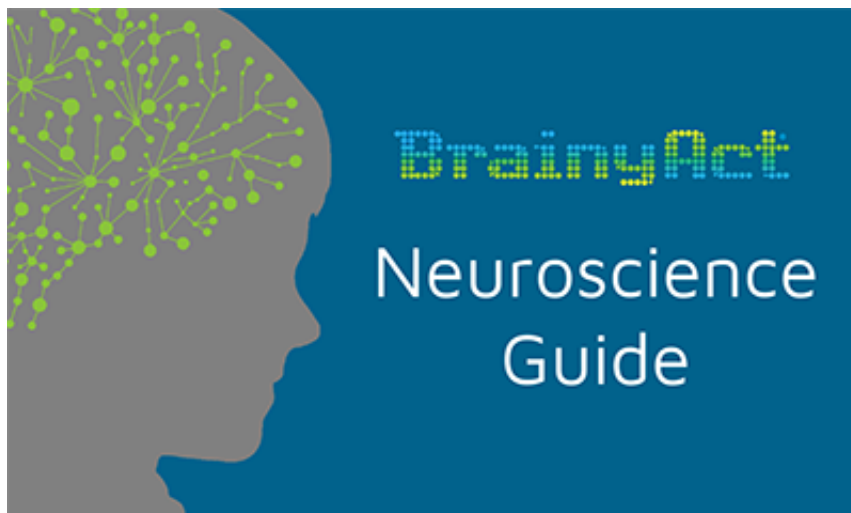
BrainyAct program at-a-glance



Identify retained reflexes blocking potential



Building strong brains starts here!



The science behind BrainyAct

It is important to speak directly with your doctor concerning the presence or confirmation of any diagnosis of a developmental or learning disorder.

Kinuu does not diagnose, treat, cure, or prevent any disorder.

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