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What can be done to help ADHD

Aug 24, 2021 | ADHD, Neuro Development

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A recent study found a link between ADHD and Retained Primitive Reflexes.

Primitive reflexes are present in infancy and usually disappear by the age of one as the brain develops.

There is increasing evidence that children with ADHD and learning difficulties have retained primitive reflexes (RPRs) i.e. they have not disappeared.

Some symptoms of RPRs include motion sickness, poor coordination and balance, and visual and processing problems.

A recent study by Melillo et. al. aimed to see if a 12 week program including motor training, sensory stimulation, aerobic and strength conditioning, and academic-cognitive training reduced RPRs and increased performance in children with ADHD.

The results showed that the program was effective in reducing the RPRs in study participants. These



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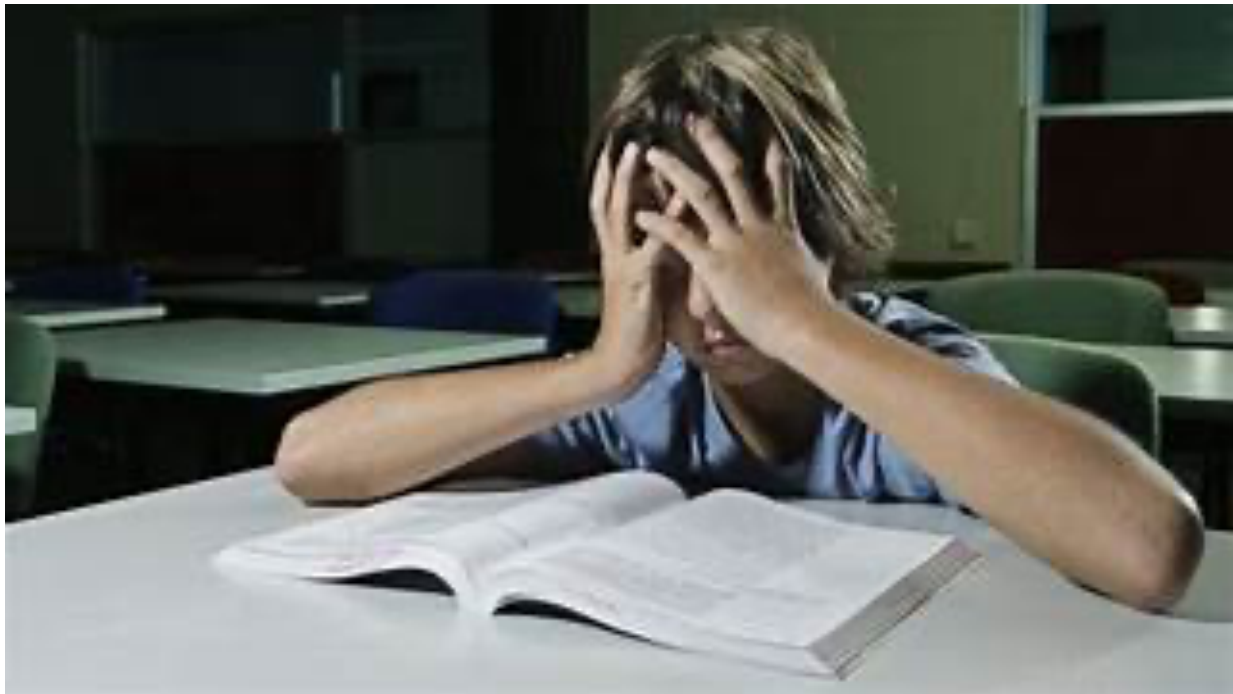
reductions were associated with improved performance in mathematical problem solving and listening comprehension.

We use the Mellilo Method in our clinic. If you would like to know more hit the contact us button and organise a 20 min phone chat to see if we can help.

<https://www.frontiersin.org/articles/10.3389/fpubh.2020.431835/full>

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The Impact of the ATNR Reflex on Reading and Attention in ADHD

by Eric Hansen | Oct 27, 2023 | ADHD, Neuro Development

Reading is more than understanding words on a page; it's an intricate dance of neural circuits, eye movements, and attention. For those with ADHD, this dance can be even more

complicated due to a persisting primitive reflex - the Asymmetrical Tonic Neck Reflex (ATNR)....

The Critical Role of Primitive Reflexes in ADHD, Autism, and Anxiety

by Eric Hansen | Sep 14, 2023 | Neuro Development

At Brain and Body Health, we delve deep into the understanding of our neurological makeup. One aspect we often encounter in our practice is the important role of primitive reflexes. These reflexes, although essential in the early stages of our lives, can sometimes...



ADHD and Anxiety

by Eric Hansen | Oct 26, 2022 | ADHD, Neuro Development, Uncategorized

ADHD is the most common neurodevelopmental condition amongst children. ADHD can cause concentration and behavioural issues as the brain develops at a slower rate. The most commonly known symptoms include short attention span, fidgeting, hyperactivity, impulsivity and...

Spinal Galant Reflex

by Eric Hansen | Oct 26, 2022 | Neuro Development, Uncategorized

The Melillo Method was developed by Dr. Robert Melillo as an effective protocol for helping

kids and adults to reach their full neurological potential. At Brain and Body Health we are one of the few clinics in NSW to be certified in the Melillo Method. At twenty...

Primitive Reflexes and the link to the “fight or flight” response

by Eric Hansen | Oct 26, 2022 | Neuro Development, Uncategorized

Overview of primitive reflexes The link between retained primitive reflexes and brain development was developed by Dr. Robert Melillo. At Brain and Body Health we are one of the few clinics in NSW with certification in the Melillo Method Primitive reflex movements are...

ANXIETY in kids/ teens

by Eric Hansen | Aug 3, 2021 | ADHD, Neuro Development

If you have tried yelling ‘Calm Down’ at your kid with anxiety and it didn’t work then keep reading. <https://www.youtube.com/watch?v=EWUHd83rdUo> If we look at anxiety from a neurophysiological point of view anxiety is an issue with over activation in some networks in...



Does your child have poor behaviour, attention, and gut health issues?

by Eric Hansen | Dec 19, 2017 | ADHD, Neuro Development

Poor behaviour. Poor attention. Poor gut health. If your child ticks any of these boxes then you know how it can make the simplest day-to-day tasks difficult. The vagus nerve and it's effect on the autonomic nervous system (ANS) is often overlooked in the management...



What effect does screen time have on your child's brain?

by Eric Hansen | Dec 5, 2017 | Neuro Development

SCREENS - they are everywhere! Computer screens, TV screens, tablet screens, phone screens; everywhere you look there is a bright flashing light staring right back at you. With the rise of technology, the hot topic that everyone wants answers to is what effect does...

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Brain + Body Health

Location

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Opening Hours

Mon 9:00 AM – 7
PM
Tue 8:30 AM – 7
PM
Wed 1 PM – 7:30
PM
Thu 8:30 AM – 7
PM
Fri 8:00 AM – 1 PM
Sat 8 AM – 1 PM

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