### Possible Long-Term Effects of Unintegrated Infant Reflexes

#### Reflexes from the Brain and Sensory Foundations First Level Course

<table>
<thead>
<tr>
<th>Reflex</th>
<th>Balance and coordination problems</th>
<th>Fear of heights</th>
<th>TLR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tonic Labyrinthine Reflex</td>
<td>Balance and coordination problems</td>
<td>Fatigues easily</td>
<td>Shrunken posture</td>
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<tr>
<td>TLR</td>
<td>Muscle tone imbalances</td>
<td>Slight to moderate intake</td>
<td>Difficulty judging distances, depth, space, and speed</td>
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<td></td>
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<td>Fatigues easily</td>
<td>&quot;W&quot; sitting</td>
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<td></td>
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<td>Difficulty to be cross-eyed</td>
<td>Stiff, jerky movement</td>
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<tr>
<td>Asymmetrical Tonic Neck Reflex</td>
<td>Poor focus</td>
<td>Difficulty learning to ride a bike</td>
<td>Tendency to be cross-eyed</td>
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<tr>
<td>ATNR</td>
<td>Poor gross- and fine-motor skills</td>
<td>Difficulty with visual tasks (teaming and tracking)</td>
<td>Stiff, jerky movement</td>
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<tr>
<td></td>
<td>Difficulty with balance &amp; coordination</td>
<td>Slow, ambling walk</td>
<td>Stiff, jerky movement</td>
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<tr>
<td>Symmetrical Tonic Neck Reflex</td>
<td>Slumped posture</td>
<td>Squirming or fidgeting; discomfort sitting and standing</td>
<td>Vision disorders</td>
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<td>STNR</td>
<td>Weak muscles, especially in upper arms</td>
<td>Headaches and migraines from chronic muscle tension</td>
<td>Trouble staying on task</td>
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<td>Poor hand-eye coordination</td>
<td>Difficulty writing and reading</td>
<td>Clumsy, messy eater</td>
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<td>Appear lazy or slothful, real difficulty moving fluidly</td>
<td>Homolateral, ape-like walking</td>
<td>Difficulty copying from a chalkboard</td>
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</tbody>
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## Possible Long-Term Effects of Unintegrated Infant Reflexes

### Grasp Reflex
- Palmar / Babkin Reflex
  - Poor fine-motor skills
  - Tight or awkward pencil grip
  - Difficulty with handwriting
  - Nail biting
  - Hypersensitive palms
  - Tension in hands, wrists, arms and shoulders
  - Tightly clenched fists
  - Compulsive chewing
  - Excessive drooling
  - Difficulty separating hand and mouth movements
  - Speech problems, stuttering
  - Addictions

### Plantar/ Babinski
- Difficulty walking or running
- Loose ankles, easily sprained
- Poor vestibular development
- Poor coordination
- May limp if only one side is active
- Foot cramps
- Toe walking
- Walking with toes pointed inward and outward
- Tension in legs, hips, low back
- Walking on the inside or outside edges of feet
- Difficulty coordinating thought and movement

### Fear Paralysis Reflex
- Shallow, difficult breathing
- Underlying anxiety
- When triggered, loss of focus and visual control
- Insecure, low self-esteem
- Depression/isolation/withdrawal
- Constant feelings of overwhelm
- Challenges with transitions
- Extreme shyness, fear in groups
- Excessive fear of embarrassment, extreme self-consciousness
- Fear of separation from a loved one, clinging
- Sleep and eating disorders
- Feeling stuck
- Selective mutism
- Low tolerance to stress
- Withdrawal from touch
- Aggressive or controlling behavior, craves attention
- Extreme fear of failure, perfectionist/frustration
- Phobias
- Obsessive-compulsive disorder
- Tendency toward mostly peripheral vision, or mostly tunnel (centrally focused) vision, to the exclusion of the other

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### Possible Long-Term Effects of Unintegrated Infant Reflexes

#### Moro Reflex
- Sleep disturbances, difficulty settling down to sleep
- Easily triggered, reacts in anger or emotional outbursts
- Shyness
- Poor balance and coordination
- Poor stamina
- Motion sickness
- Vision/reading/writing difficulties
- Poor digestion, tendency toward hypoglycemia
- Weak immune system, asthma, allergies, and infections
- Hypersensitivity to light, movement, sound, touch, and smell
- Difficulty adapting to change
- Poor core strength
- Cycles of hyperactivity & extreme fatigue
- Easily distracted, difficulty filtering out extraneous stimuli
- Difficulty catching a ball
- Difficulty with visual perception
- Tires easily or is irritable under fluorescent lighting

#### Spinal Galant Reflex
- Difficulty with potty training
- Bed wetting or soiling past 5 years of age
- Fidgeting, difficulty sitting still
- Hypersensitivity to touch on the back or waist
- Poor concentration
- Poor short-term memory
- Unbalanced walk, tripping often
- Scoliosis when active on one side only
- Weakness in the back
- Stiff lumbar spine

#### Headrighting Reflexes
- Poor balance
- Easily fatigued
- Poor visual perception
- Poor control of eye movements
- Weak neck muscles
- Poor posture
- Difficulties with reading and spelling
- Difficulties concentrating and learning
### Possible Long-Term Effects of Unintegrated Infant Reflexes

<table>
<thead>
<tr>
<th>Reflexes from the Brain and Sensory Foundations Second Level Course</th>
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<tbody>
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<td><strong>Spinal Perez Reflex</strong></td>
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<tr>
<td><strong>Landau Reflex</strong></td>
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<tr>
<td><strong>Amphibian and Crawling Reflexes</strong></td>
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<table>
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<tr>
<th>Reflex Category</th>
<th>Effects</th>
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<tbody>
<tr>
<td><strong>Crossed Extensor Reflex</strong></td>
<td>Lack of coordination, Abnormal crawling, Legs do not move independently, Poor balance, Poor ability to weight shift, Hyperactivity, Hypoactivity, Anxiety, Behavior challenges, Excessive muscle tension, Fatigue, Abnormal walking gait, Poor cognitive ability, Slow processing, Chronic leaning to one side, Poor posture, Cannot ride a bicycle</td>
</tr>
<tr>
<td><strong>Foot Tendon Guard Response</strong></td>
<td>Poor balance, Foot cramps, Leg cramps, Inability to fully integrate Babinski Reflex and Plantar Reflex, Tension in feet, legs and back of body, Poor gross motor coordination, Poor alignment and posture, Difficulty walking and running, Rigid thinking, Delayed speech development, Challenges with articulation, Selective mutism, Fearful, easily stressed</td>
</tr>
<tr>
<td><strong>Pull-to-Sit Reflex</strong></td>
<td>Developmental delays, Lack of core strength, Tension in the hands and forearms, Hypotonicity, weak arm muscles, Poor gross and fine motor skills, Difficulty processing information, Difficulty writing, Speech and communication challenges, Refusal to write, Spelling challenges, Poor headrighting, Immature visual skills</td>
</tr>
</tbody>
</table>
### Possible Long-Term Effects of Unintegrated Infant Reflexes

#### Parachute Reflex
- Prone to injuries of the head and upper body
- Disruption of Headrighting Reflexes development
- Poor arm and hand coordination
- Tendency towards isolation from others
- Difficulty establishing boundaries
- Difficulty receiving external information
- Difficulty processing stress and new information
- Challenges with expressive communication
- Learning delays
- Inability to say “no”
- Aggression, bullying
- Prone to being bullied, victim

#### Facial-Oral Reflexes
- Rooting, Sucking, and Swallowing
- Speech delay or difficulties with articulation
- Compulsive chewing or sucking
- Extended thumb-sucking past the age of 5
- Difficulty chewing or swallowing food
- Picky eater, rigid about food choices
- Persistent drooling
- Hypersensitivity around the mouth
- Poor manual dexterity
- Emotional challenges
- Addictive behaviors

#### Birth and Bonding
- Trust issues
- Feelings of unworthiness
- Anxiety
- Anger
- Unfulfilled longing

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**Birth and Bonding**

Bonding is a complex set of intertwined parent-child behaviors dependent on and supported by primitive reflexes.

Disrupted bonding can result in:

- Trust issues
- Feelings of unworthiness
- Anxiety
- Anger
- Unfulfilled longing

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