

The following signs and symptoms can indicate that a Primitive Reflex has not integrated into the nervous system. Retained/active primitive reflexes can have long-term effects on the body.

Fear Paralysis (FPR)	Anxious	Insecure	OCD
	Red faced	Soft voiced	Social phobias
	Motion sickness	Clingy	Shallow breathing
	Oversensitive to touch, light, sound and visual stimuli	Poor sleep routine	Does not like change
	Low tolerance to stress	Panic syndromes (adults)	Neck muscle tension (adults)
	Sometimes blood pressure problems (adults)	*Usually active in Autism	
Moro	Anxious	Insecure	Asthma
	Allergies	Poor balance and coordination	Poor digestion
	Motion sickness	Sweet tooth	Outbursts/overreacts
	Dominates	Oversensitive to touch, light, sound and visual stimuli	Trouble interacting with peers
	Constant state of stress	Visual, reading and writing difficulties	Hyperactive then fatigued
	Does not like change	*Usually present in Autism	*Usually active in cases of burnout and chronic fatigue
Tonic Labyrinthine Reflex (TLR)	TLR forward	TLR backward	General
	Weak neck	Tense leg muscles	W sitter
	Head tilt	Toe walker	Floppy child
	Hunched posture	Coordination issues	Dizziness
	Low tone with hypermobile joints	Spatial issues	Motion sickness
	Eye problems, often cross-eyed	Sequencing issues	Never still
	Balance issues going down stairs	Balance issues going up stairs	*If Moro present, hard to integrate the TLR
Asymmetrical Tonic Neck Reflex (ATNR)	Poor balance and coordination	Poor fine motor	Poor handwriting
	Poor spelling	Hard to write ideas down	Poor maths skills
	Visual tracking issues	Easily distracted	Turns paper to write
	Dyslexia	Hard to use scissors, knife and fork	Difficulty crossing the midline
	Dominant hand not established	Reading- misses words or lines	Writing- letter reversals, excessive pressure, messy and tight grip

Symmetrical Tonic Neck Reflex (STNR)	Poor posture	Leans when writing	Sits on knees
	Weak upper arms	Near and far vision issues	W sitter
	Headaches	Difficulty copying	Wraps feet around chair
	Poor hand-eye coordination	Poor focus	Hard to sit still
Landau	Low tone	Weak neck	Weak back
	Clumsy	Tense legs	Poor balance
	Poor short term memory	Stiff, awkward	Poor posture
	Back pain	Difficulty hopping, skipping, jumping	*TLR will be present
Spinal Galant	Clumsy	Restless	Fidgets
	Bed wetter	Hyperactive	Scoliosis
	Poor bladder	Poor focus	Poor memory
	Dislikes tight clothing or labels that touch spine		
Amphibian (Postural Reflex)	Clumsy	Tense Legs	Issues crawling
	Walking, running, skipping can be uncoordinated		
Babinski	Flatfooted	Slow, hates walking	Prone to sprains
	Leg/feet tension	Trips/clumsy	Ticklish feet
	Toes fan	Poor gross motor	Knock knees
	Balance issues	Speech delays	Pigeon toed
	Delayed crawling	Walks on inside/outside of foot	*Seen in Autism and CP
Palmar Reflex, Babkin response	Poor dexterity	Poor/tight grip	Trouble grasping things and ideas
	Poor scissor skills	Drops things	Arm and shoulder tension
	Speech and articulation issues		
Head Righting Reflexes (Postural)	Low tone	Poor posture	Props head
	Disorganised	Forgetful	Trouble copying
	Easily distracted	Poor handwriting	Motion sickness
	Poor time management- often late	Muscle tension in neck and shoulders	Uncoordinated movements with sequence eg marching
	Poor spatial awareness- trips, bumps into	Trouble looking and listening at the same time	Poor reading- loses place
Other areas and indicators			
Neural Chassis	Low tone	Over flexible joints	Poor memory
	Hunched posture	Poor arousal and alertness	
Cerebellum	Poor attention	Speech delays	Poor memory
	Slow processing	Poor impulse control	Poor forward planning
	Poor motor planning	Weak abstract thinking	Poor reading comprehension

The two hemispheres of the brain must communicate effectively and coherently. They work almost like a symphony orchestra. If there is an imbalance between the hemispheres, one will be running the show and the other side just following along. When this occurs, we see symptoms from the overactive side and the weaker side.

Here are some signs of a hemispheric imbalance.

Left Hemisphere Weakness	Right Hemisphere Weakness
<ul style="list-style-type: none"> • Diagnosis of Dyslexia, Dyscalculia, Dysgraphia, Dyspraxia • Learning difficulties • Language disorders • Auditory processing issues • Bedwetting • Cautious • Chronic ear infections • Decoding issues • Delayed milestones • Depression • Gets sick a lot • Handwriting issues • Misreads or omits words • Moody and irritable • Motion sickness • Negative • No motivation • Poor self-esteem • Poor sense of time • Sensitive, easily embarrassed • Shy, withdrawn • Speech issues/delay • Sullen and sad • Tonsils, adenoids removed • Yeast, fungal infections 	<ul style="list-style-type: none"> • Diagnosis of Autism, Asperger's, ADHD, OCD, ODD, Tourettes, Conduct disorder • Allergies, asthma, eczema • Anti-social or socially isolated • Anxious • Clothing irritates them • Clumsy, poor coordination • Dark or violent thoughts • Digestion issues • Disorganised • Dislikes sports • Emotional outbursts, overreactive • Erratic behaviour • Fearless or risk-taker • Fidgets • Hoarder • Hyperactive • Impulsive • Lacks empathy • Likes to spin, swing, go on rides • Low muscle tone, flexible, double-jointed • No pain, hunger, guilt, remorse, fear, shame or sadness • Not good at reading people or situations • Obsessive thoughts or behaviours • Panic/anxiety attacks • Phobias • Picky eater • Poor attention • Poor comprehension • Repetitive motor mannerisms (tics, flapping) • Sensitive to sound • Sudden outbursts of anger or fear • Trouble falling asleep • Very literal • Worries a lot