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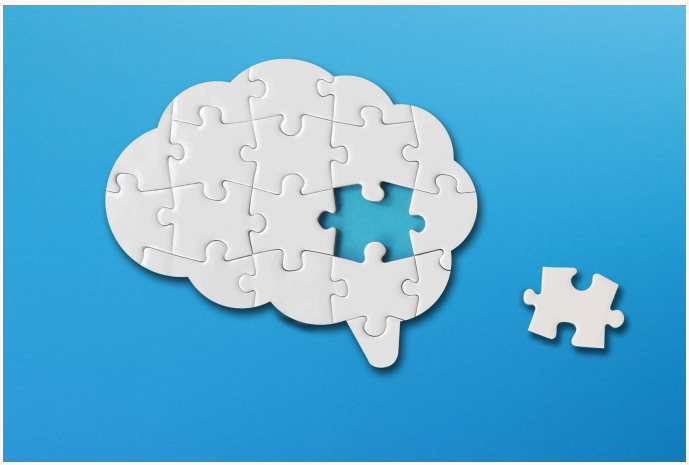
Primitive Reflexes.

Understanding the hidden neurological patterns behind chronic symptoms

What if your symptoms are not the problem… but a reflex?

- Chronic pain that moves or never resolves
- Chronic fatigue
- Digestive dysfuntions
- Repetitive injuries or lack of balance
- Constant stress or overreactivity
- Lack of focus
- Hypersensitivity to light, sound, or touch

What if your nervous system is still responding like a survival brain?



The Paradigma Shift

- Symptoms are not the cause, they are outputs
- The brain responds to input and perceived threat
- If primitive reflexes remain active → the system stays in protection mode

It’s not a mechanical problem. It’s a neurological adaptation

WHAT ARE PRIMITIVE REFLEXES?

Primitive reflexes (PR) are stereotyped movement patterns triggered by specific stimuli and controlled by the brainstem. They are present at birth and should be integrated or inhibited during infancy as the cortex matures and regulates reflex activity.

However, in some individuals these reflexes are not fully integrated, persisting beyond childhood and being associated with developmental delays.

Even when integrated, these patterns remain underlying at a brainstem level and can re-emerge later in life in conditions such as neurodegenerative diseases (e.g. Alzheimer's, Parkinson's), stroke, brain injury or trauma, and even in healthy aging due to cumulative vascular or degenerative changes.

While individually they have limited diagnostic value, their combination may indicate dysfunction at the frontal lobe level.

WHAT ARE PRIMITIVE REFLEXES FOR?

Primitive reflexes play an essential role in early life:

• **Survival:** They allow immediate responses to stimuli, such as the sucking reflex for feeding.

•**Neuromotor development:** They build the foundation for more advanced skills like posture, movement and coordination.

•**Neurological development:** Their presence and proper integration are key indicators of a healthy and well-developing nervous system.

WHY CAN PRIMITIVE REFLEXES REAPPEAR?

Primitive reflexes can reappear later in life when the nervous system is affected or overwhelmed. This can happen after

- T**raumatic brain injuries (TBI)** or stroke, where damage to brain pathways reduces the brain's ability to inhibit these reflexes.
- **Surgical procedures and anesthesia**, especially in children, may also be associated with their persistence.
- **Emotional trauma—such as chronic stress, abuse, or neglect**—can reactivate these reflex patterns as the nervous system shifts into a protective, more primitive state.
- **Toxic exposure and inflammation-** exposure to neurotoxins (such as heavy metals or certain medications), as well as **systemic or neuroinflammation,** can reduce the inhibitory function of the nervous system. This leads to a decreased ability to regulate reflex activity, allowing primitive reflexes like Galant or TLR to become more active.

Studies suggest that these changes are linked to alterations in brain regulation and stress response systems, affecting both emotional and cognitive function.

WHY THEY MATTERS IN ADULTS.

Altered motor patterns and postural control.

Unintegrated primitive reflexes interfere with the normal development of the nervous system and efficient movement patterns.

They can affect **muscle tone, balance, and coordination, making more complex movements**—such as running, throwing, or changing direction—more difficult.

Cognitive fatigue and poor sensory processing

The presence of reflexes like Moro or Galant can keep the nervous system in a constant state of alert. This can lead to chronic stress and make it harder to learn new movements or make decisions, especially in physically or emotionally demanding situations.

Increased risk of musculoskeletal injuries

Active primitive reflexes can affect how muscles are recruited, leading to poor movement patterns, compensations, and muscle inhibition (for example, the glute med can be inhibited with an active Galant reflex). They can also reduce the body's ability to absorb load properly.

Relevance in prevention: This may increase the risk of overuse injuries, joint instability, and recurring injuries after sprains or muscle tears.

THE MOST RELEVANT REFLEXES

Moro Reflex → hypersensitivity, anxiety, stress reactivity.

ATNR (Asymmetrical Tonic Neck Reflex) →asymmetries, poor coordination, tension patterns.

TLR (Tonic Labyrinthine Reflex) → posture, fatigue, gravity intolerance.

Spinal Galant → restlessness, sensitivity, lower back tension

DO PRIMITIVE REFLEXES DISAPPEAR?

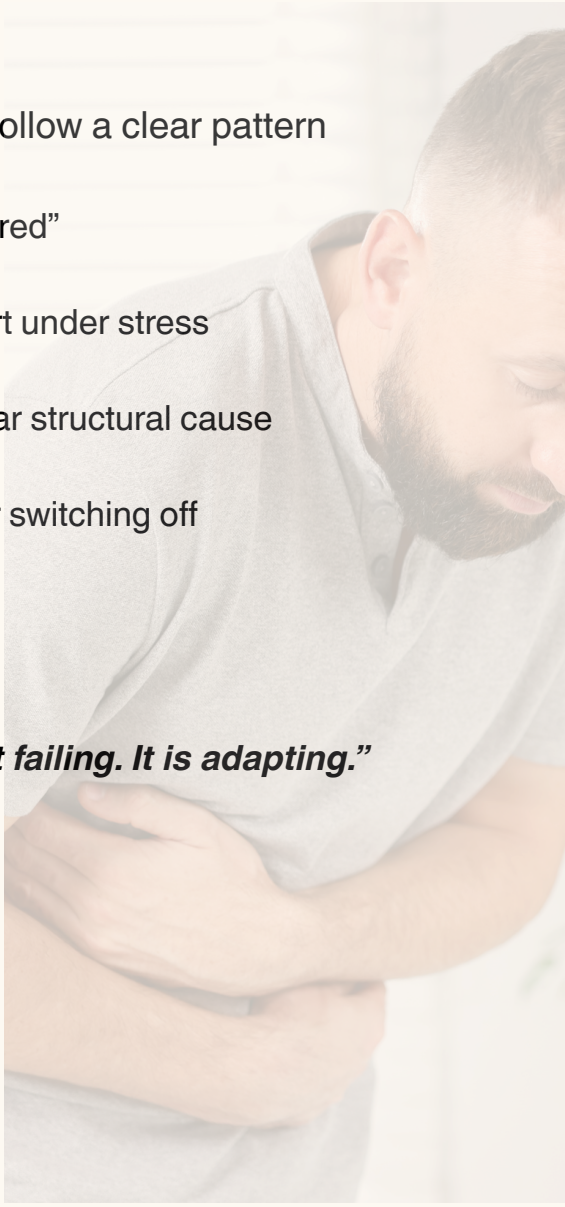
Primitive reflexes do not completely disappear.

They are naturally inhibited as the brain develops. As the frontal lobe matures, it takes control and regulates these reflexes. However, if there is injury, degeneration, or reduced brain inhibition, these reflexes can reappear (known as frontal release signs).

Reappearance or Persistence of Primitive Reflexes.

Primitive reflexes can be seen again in conditions affecting the nervous system,(for example, a positive Babinski sign) and **neurodevelopmental disorders like Autism Spectrum Disorder**. Their presence is often linked to delayed or incomplete maturation of higher brain areas, rather than clear structural damage.

HOW THIS SHOWS UP IN YOUR BODY



- Pain that doesn't follow a clear pattern
- Feeling "wired but tired"
- Digestive discomfort under stress
- Tension without clear structural cause
- Difficulty relaxing or switching off

Your body is not failing. It is adapting."

In our Bio Integrative Methodology

In our **Bio-Integrative Physiotherapy approach**, we work through specific sensory receptors (mouth, cranial facial sutures, crainal nerves...) that directly modulate nervous system activity, helping to reintegrate primitive reflexes that may still be active.

What happens after intervention?

- The body shifts out of a constant state of protection.
- Movement becomes more efficient,
- pain and hypersensitivity decrease,
- Overall function improves.
- Better mental clarity and decision-making

CONCLUSIONS.

- **Primitive reflexes are not just a childhood topic**

They can remain active or reappear in adulthood, influencing pain, stress, hypersensitivity, and overall nervous system regulation.

- ***Symptoms are often a consequence, not the cause***

Chronic pain, fatigue, poor coordination, or emotional reactivity may be driven by an unregulated nervous system and retained primitive reflexes.

- ***Integration depends on proper brain regulation***

When cortical control is reduced—due to stress, trauma, inflammation, or neurological changes—primitive reflexes can become active again, keeping the body in a protective state.

- ***Targeting the nervous system changes the outcome***

By working through specific sensory inputs and integrating primitive reflexes, we can restore regulation, improve movement, reduce pain, and enhance mental clarity and decision-making.

Move beyond symptom-based approaches.

Explore the tools and our Bio-Integrative methodology to achieve consistent and long-term clinical outcomes.

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