



Primitive Reflex Symptom Checklist

HOW TO SCORE

- 0 100% inhibited reflex
- 1 25% retained reflex
- 2 50% retained reflex
- 3 75% retained reflex
- 4 100% retained reflex

Checks in a section gives section score

- 1–2 checks → 0
- 3–4 checks → 1
- 5–6 checks → 2
- 7–8 checks → 3
- 9–10 checks → 4

Fear Paralysis Reflex

Retained Fear Paralysis Reflex may lead to any of the symptoms below:

- Anxiety seemingly unrelated to reality
- Hypersensitivity to touch, sound, changes in visual field
- Dislike of change or surprise; poor adaptability
- Breath holding
- Fear of social embarrassment
- Insecure / lack of trust in oneself
- Overly clingy, or unable to accept or demonstrate affection easily
- Negativism, defeatist attitude; won't try new activities, especially where comparison or excellence is expected
- Temper tantrums
- Immediate motor paralysis under stress — can't think and move at the same time

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Moro Reflex

Symptoms of a retained Moro Reflex include:

- Excessive blinking
- Hypersensitivity to sudden noise, light or movement
- A hyper startle response, followed by rapid heartbeat
- Difficulty with new or stimulating experiences
- Impulsive behaviour
- Vestibular problems (imbalance, dizziness, motion sickness, vertigo)
- Anxiety; flushing uncontrollably when embarrassed or nervous
- Frequent ear and throat infections
- Depleted energy, fatigue, mood swings
- Dislike of change

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● Sensitivity to foods or food additives; chronic digestive problems from childhood	☐	☐	☐	☐	☐
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Tonic Labyrinthine Reflex (TLR)

Symptoms of a retained TLR include:

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● Poor posture	☐	☐	☐	☐	☐
● Toe walker as a child or adult	☐	☐	☐	☐	☐
● Poor balance and coordination	☐	☐	☐	☐	☐
● Poor eye movement control	☐	☐	☐	☐	☐
● Visual-perceptual difficulties	☐	☐	☐	☐	☐
● Afraid of heights	☐	☐	☐	☐	☐
● Difficulty judging space, distance, depth and speed	☐	☐	☐	☐	☐
● Poor concentration	☐	☐	☐	☐	☐
● Fatigue while reading, or when working or studying at a desk	☐	☐	☐	☐	☐
● Motion sickness	☐	☐	☐	☐	☐
					TOTAL

Spinal Galant Reflex

Symptoms of a retained Spinal Galant Reflex include:

	0	1	2	3	4
● Can't sit still; fidgety	☐	☐	☐	☐	☐
● Short-term memory problems	☐	☐	☐	☐	☐
● Bedwetting beyond age 5; chronic bladder control issues	☐	☐	☐	☐	☐
● Sensitive to tight clothing around the waist or tags on clothes	☐	☐	☐	☐	☐
● Constant noise making	☐	☐	☐	☐	☐
● Attention and concentration problems	☐	☐	☐	☐	☐
● Difficulty coordinating a normal walking gait	☐	☐	☐	☐	☐
● May affect fluency and mobility in physical activities or sports	☐	☐	☐	☐	☐
● Can contribute to scoliosis (curvature) of the spine	☐	☐	☐	☐	☐
● Body tends to tilt to one side; can cause chronic back or neck pain	☐	☐	☐	☐	☐
					TOTAL

Asymmetrical Tonic Neck Reflex (ATNR)

Symptoms of a retained ATNR include:

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● Poor handwriting	☐	☐	☐	☐	☐
● Difficulty reading and tracking	☐	☐	☐	☐	☐
● Left-right confusion (mixed laterality); ambidextrous	☐	☐	☐	☐	☐
● Difficulty copying	☐	☐	☐	☐	☐
● ADHD / OCD characteristics	☐	☐	☐	☐	☐
● Missing parts of a line when reading	☐	☐	☐	☐	☐
● Difficulty catching a ball	☐	☐	☐	☐	☐
● Poor at sports, dancing or bilateral integration	☐	☐	☐	☐	☐

- In adults, chronic shoulder and/or neck problems
- Eye-hand coordination difficulty
- Judgment of distance may be affected

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Symmetrical Tonic Neck Reflex (STNR)

Symptoms of a retained STNR include:

- Poor posture — when the head bends, the arms bend, causing a tendency to slump when sitting (often ends up almost lying on the desk to write)
- Tends to hook feet under the desk for support
- Clumsy
- Eyes fatigue when reading or focusing near a screen
- As a child, skipped, missed or shortened crawling, or crawled in an unusual way
- Difficulty sitting with legs crossed ('W' position on the floor)
- Poor upper- and lower-body integration, affecting gross motor skills
- Poor hand-eye coordination
- Messy eater
- Poor organization and planning skills

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Rooting & Suck Reflex

Retained Juvenile Suck Reflex may lead to:

- Speech and articulation problems; stuttering
- Difficulty swallowing and chewing
- Difficulty speaking and doing manual tasks at the same time
- Involuntary tongue or mouth movements when writing or drawing
- Poor manual dexterity, especially when chewing or speaking
- Hypersensitivity around the lips and mouth
- Oral fixation — always needs to do something with the mouth (smoking, chewing gum, biting lip, sucking candy, etc.)
- Dribbling and drooling
- Hormonal imbalances or deficiencies

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Palmar Grasp Reflex

Palmar reflex retention may lead to:

- Poor fine motor skills and manual dexterity
- Inappropriate pencil grip and poor handwriting
- Weak immune system
- Difficulty processing ideas onto paper
- Poor posture and/or back pain when working at a desk or computer

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- Constant need to touch and hold things in the hand
- Difficulty or slow reading
- Poor memory for details
- Not good with math or numbers
- Mixed dominance, ambidextrous or left-handed

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Babinski (Plantar) Reflex

Plantar reflex retention may lead to:

- Difficulty or delay learning to walk (beyond 14 months)
- Running awkwardly
- Poor balance
- Can't press toes into the ground
- Problems with sports requiring balance and coordination while running
- Low back pain while walking and/or standing
- Shin soreness
- Recurrent ankle twisting
- Difficulty walking in the dark (vision cannot assist balance)
- Calf or Achilles tendonitis, injury or pain

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