



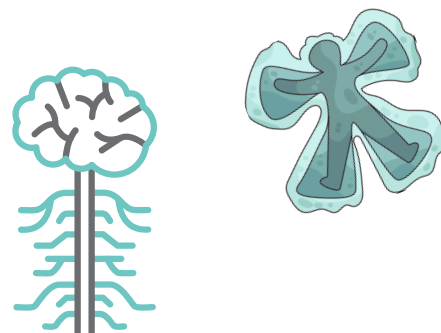
Reflex Integration: The Spinal Galant Reflex

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The Spinal Galant Reflex is developed in utero and integrates between 3-9 months of age. This reflex is activated through pressure on the back and assists with the birthing process and development of motor skills such as crawling. It also supports the development of the vestibular and auditory systems.

Symptoms of a potential retained Spinal Galant Reflex:

- Dyslexia
- Excessive fidgeting
- Bed wetting beyond age of 5
- Hypersensitivity to clothing/tactile input
- IBS or middle ear infections
- Challenges with sustained attention/concentration
- Potential for scoliosis and poor posture



Because the Spinal Galant is directly connected to the vestibular and ATNR reflex and consists of a physical reaction, if it is unintegrated, it is likely that the child will have a retained ATNR and challenges with vestibular processing. The Spinal Galant has a direct impact on movement, muscle tone, balance and coordination.

When the Spinal Galant is still active it can make sitting in chairs difficult (especially ones with backrest) creating an “ants in the pants” scenario. It is also linked to ADHD-like symptoms, poor concentration, and short-term memory deficits. Hypersensitivity to clothing, tags, or belts around the waist/lower back is also common. A retained Spinal Galant reflex is linked to bedwetting caused by stimulation of the lower back—by pajamas or bedsheets while sleeping.

How These Activities Help:

These activities are designed to help your child

- Improve sensory processing - especially tactile sensitivities
- Promote better posture and core strength
- Improve motor planning and coordination
- Strengthen focus and control during seated tasks

Inchworm



Hip Walking



Snow Angels, Quadruped bean bag, & Chest Hugs

