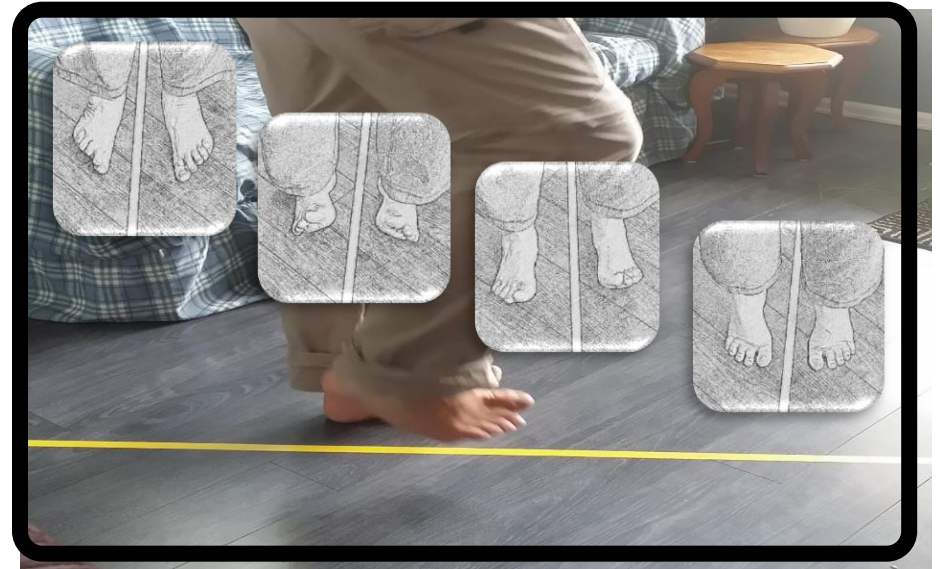


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# Primitive Reflex Walk

This is a simple way  
for you to see if  
primitive reflexes  
are inappropriately  
active in someone.

## Preparation:

1. Mark the floor with a 15 foot strip of masking tape. Make sure it is straight.



2. Have a camera ready. You need to video each movement.



## The test

You will have the person walk the line 8 times. Each walk has 2 parts.

#1...Walk the line as best as you can, following the instructions

#2...March along the line (lift the knees) as best and high as you can

### Notice the following:

What happens to the arms and hands ...

- Do they turn in or out or not move
- Which way the thumbs are facing by the end of the line.
- Are the left and right arms the in the same position

What happens to the head

- Does it tip, or turn
- Does it move up or down

What happens to the tail bone...

- Does it stick out more
- Does it tuck

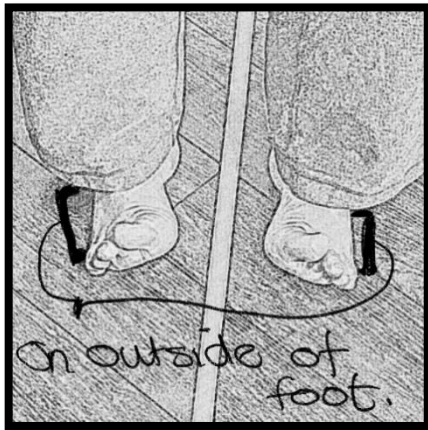
What happens to the chest...

- Does it get higher or lower
- Does the chest look stiff
- Does it twist

If you like, mark it down on the sheet or if you are videoing, (which you should do) you can look later and mark it down.

Walk one:

1a. Walk on the outside of your feet. Turn feet to the outside edge and walk along the line. Feet should be placed either side of the line. Walk the whole length.



1b. Now march on the outside of your feet. Step as high as you can while you move along the line.



Notice knee is high – there is a bend at the hip aiming for 90 degrees

arms and hands- \_\_\_\_\_  
thumbs \_\_\_\_\_  
head- \_\_\_\_\_  
tail bone- \_\_\_\_\_  
chest- \_\_\_\_\_

arms and hands- \_\_\_\_\_  
thumbs \_\_\_\_\_  
head- \_\_\_\_\_  
tail bone- \_\_\_\_\_  
chest- \_\_\_\_\_

Walk two:

2a. Walk on the inside of your feet. Turn feet to the inside edge and walk along the line. Feet should be placed either side of the line. Walk the whole length.



:arms and hands- \_\_\_\_\_  
:thumbs \_\_\_\_\_  
:head- \_\_\_\_\_  
:tail bone- \_\_\_\_\_  
:chest- \_\_\_\_\_

2b. Now march on the inside of your feet. Step as high as you can while you move along the line.



Notice knee is high – there is a bend at the hip aiming for 90 degrees

:arms and hands- \_\_\_\_\_  
:thumbs \_\_\_\_\_  
:head- \_\_\_\_\_  
:tail bone- \_\_\_\_\_  
:chest- \_\_\_\_\_

Walk three:

3a. Walk on the heels of your feet. Rock/tip back and balance on your heels and walk balance along the line. Feet should be placed either side of the line. Walk the whole length.



:arms and hands- \_\_\_\_\_

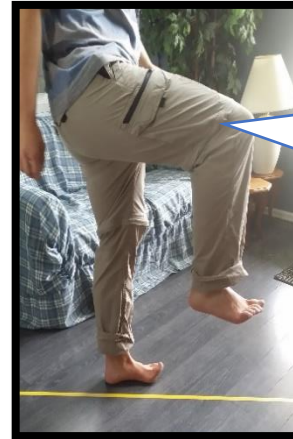
:thumbs \_\_\_\_\_

:head- \_\_\_\_\_

:tail bone- \_\_\_\_\_

:chest- \_\_\_\_\_

3b. Now march on the heels of your feet. Step as high as you can while you move along the line.



Notice knee is high – there is a bend at the hip aiming for 90 degrees

:arms and hands- \_\_\_\_\_

:thumbs \_\_\_\_\_

:head- \_\_\_\_\_

:tail bone- \_\_\_\_\_

:chest- \_\_\_\_\_



Walk four:

4a. Walk on the balls of your feet (toes). Rock/tip forward and balance on the balls of your feet and walk balanced along the line. Feet should be placed either side of the line. Walk the whole length.



:arms and hands- \_\_\_\_\_

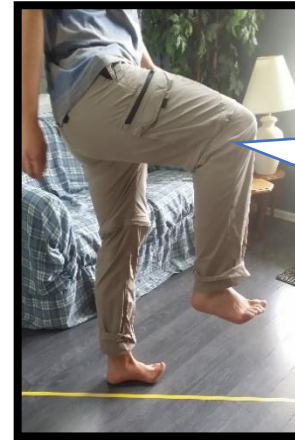
:thumbs \_\_\_\_\_

:head- \_\_\_\_\_

:tail bone- \_\_\_\_\_

:chest- \_\_\_\_\_

4b. Now march on the balls of your feet. Step as high as you can while you move along the line.



Notice knee is high – there is a bend at the hip aiming for 90 degrees

:arms and hands- \_\_\_\_\_

:thumbs \_\_\_\_\_

:head- \_\_\_\_\_

:tail bone- \_\_\_\_\_

:chest- \_\_\_\_\_

## Understanding what you saw:

If there are no inappropriately active Primitive Reflexes this exercise would be a breeze. There would be no loss on balance on any of the 8 walks. Arms, head thumbs, trunk, knees all would just be normal – loose and uninvolved on the activity. No real extra movement anywhere. Just easy to do. No weird looking, awkward, odd postures. No tongue sticking out, no flappy hands.

If however there was a loss of balance, difficulty coordinating and following the instructions, hands and thumbs pull in odd directions, chin juts out, chest is wiggly/ jutting, tail juts out, knees collapse, and these things seem to happen without the person planning it to, primitive reflex function is not complete. The 4 different parts of the feet correlate to different primitive reflexes. Each

one of these should be completely done by 3 years of age. That means that the position of the feet during weight bearing should not change or influence any other part of the body.



Hands turned out and hands turned in – notice the thumb, the mouth, the chest



The hands and arms are not the same on left and right nor is the head in the middle



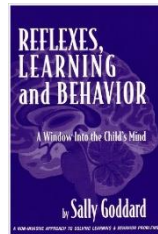
What do you do if you suspect that Primitive Reflexes are still inappropriately active?

Chances are you dealing with a whole slew of other challenges that had you suspecting something is going on in the first place.

❖ There are some books you can get as resources to help you sort through the information. The books suggested here are reliable sources and give you something to do immediately.

1. You can get a book called:

**Reflexes, Learning And Behavior:**  
A Window into the Child's Mind  
By Sally Goddard.



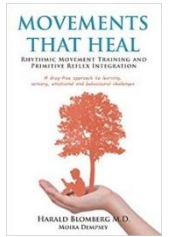
Our clinic library has a copy, or you can buy it on amazon.

This will give you more information about the kinds of problems having inappropriately

active primitive reflexes causes in school and with behavioral adaptations.

2. You can get another book called:

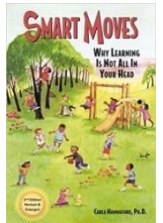
**Movements that Heal**  
by Harald Blomberg  
and Moira Dempsey



Our clinic library has a copy of this too. This book will give you info that movements can change brain connections and you can begin doing some of these described in this book.

3. The third book that helps to frame what you can do and why, is called:

**Smart Moves** – why learning  
is not all in your head  
By Carla Hannaford



Our clinic library has a copy of this too. This book will give you even more info about the how and why of movements can change brain connections and you can begin doing some of these described in this book too.

❖ You can also attend Classes that will teach you what to do. Some of these classes are for Therapists only, but there are ones for lay people and parents – [RMTi's School Readiness Class](#) is an example.

❖ You can contact our office and talk to one of Primitive Reflex Specialists. We offer a 20min discovery visit or chat where you can ask us questions. This is free, and the goal is for you to get to know us and us you.

If after this chat, you decide that you like us, and would like to proceed with a professional look at the challenges you are facing, we will give you the information you need to set that up.

If this is the route you would like to go, you can do it one of 3 ways

Call us at:  
970 818 8678  
In Fort Collins CO

[Go online & choose a time](#)  
<https://maxine-haller.clientsecure.me>

Email us (Maxine Haller) at:  
[PRI-OT@cardinalcapers.com](mailto:PRI-OT@cardinalcapers.com)

You are not limited to being in Fort Collins CO to use this option as I tele-treat via Skype or Zoom and sometimes What's App.