

Signs And Long-term Effects Of Retained Symmetric Tonic Neck Reflex (STNR)



Sign of retained STNR



Mostly prefers lying on the floor



Scoots or drags the body when seated



Have poor body posture control



Frequently stumbles and loses balance when crawling

Long-term effects of retained STNR



W-shaped sitting position



Awkward gait



Hunched posture



Regular neck pain or body aches due to tensed muscles