

# Four Functional Bins of Reflex-Postural Organization

A one-page reference sheet that keeps the technical descriptions intact while adding plain-language clarifiers for posture and gait.

<h2>Anterior / Posterior</h2> <h3>Protection vs Propulsion</h3> <p><b>Geometric emphasis:</b> Flexion and extension; front-body / back-body dominance. In plain language: folding forward, opening backward, or bracing between the two.</p> <p><b>Reflex / neuro flavor:</b> Protective flexion, extensor support, withdrawal versus opening. The system decides whether to curl in, brace up, or move forward with confidence.</p> <p><b>Autonomic flavor:</b> Guarding and bracing often become most obvious here; often associated clinically with sympathetic load, though not in a strict one-to-one proven way. Stress often shows up as clenching, tightening, or over-control.</p> <p><b>Likely gait / posture expression:</b> Forward head/chest guard, abdominal gripping, posterior chain over-recruitment, shortened stride, rigid push-off. A body more concerned with protection than fluid forward movement.</p> <p><b>Clinical signature:</b> The body looks organized around bracing, withdrawal, or over-controlled propulsion.</p>	<h2>Lateral</h2> <h3>Support vs Shift</h3> <p><b>Geometric emphasis:</b> Side-bending, weight shift, unilateral support, left-right load management. How the body leans, supports, and transfers weight side to side.</p> <p><b>Reflex / neuro flavor:</b> Lateral stabilization, one-sided shortening versus contralateral lengthening. One side grips while the other lengthens to keep you upright.</p> <p><b>Autonomic flavor:</b> Often linked to compensation, pelvic hike/drop, and side-body holding; the autonomic relationship is indirect. The body often "solves the problem" by hanging on one side.</p> <p><b>Likely gait / posture expression:</b> One hip hangs or hikes, rib-pelvis approximation on one side, Trendelenburg-like bias, asymmetric stance dwell time. A body that "lives on one side" more than the other.</p> <p><b>Clinical signature:</b> The body solves stability by shifting, hanging, hiking, or compressing one side.</p>
<h2>Rotational</h2> <h3>Orient vs Organize</h3> <p><b>Geometric emphasis:</b> Axial turning, contralateral patterning, spirals, head-trunk dissociation. The ability to twist, spiral, and turn without losing coordination.</p> <p><b>Reflex / neuro flavor:</b> ATNR fits best here: head turn drives ipsilateral extension and contralateral flexion, producing orienting and scanning asymmetry. A head turn can pull the whole body into a one-sided pattern.</p> <p><b>Autonomic flavor:</b> Often associated with vigilance, orienting, scanning, and directional bias. This is the "which way do I turn or attend?" layer.</p> <p><b>Likely gait / posture expression:</b> Head-led gait, asymmetric arm swing, thorax-pelvis dissociation problems, one-sided propulsion, twist-and-brace walking. The body turns, but off-center or over-braced.</p> <p><b>Clinical signature:</b> The body turns to orient, but loses symmetry, fluid transfer, or contralateral timing.</p>	<h2>Vertical / Axial</h2> <h3>Load vs Rebound</h3> <p><b>Geometric emphasis:</b> Up-down loading, decompression/compression, anti-gravity support, stacking. How the body carries itself against gravity.</p> <p><b>Reflex / neuro flavor:</b> Righting reactions, postural tone regulation, axial support, global tonic organization. The central "hold yourself up" system.</p> <p><b>Autonomic flavor:</b> Often reflects overall arousal and tone level: collapse, buoyancy, stiffness, rebound capacity. Does the body feel springy and lifted, or compressed and heavy?</p> <p><b>Likely gait / posture expression:</b> Bounce versus collapse, springiness, shock absorption quality, stacked versus compressed posture, and the ability to float over stance. Either lift and spring, or drop and lose buoyancy.</p> <p><b>Clinical signature:</b> The body either springs and organizes vertically, or compresses and loses buoyancy.</p>