## Challenges from retained TLR

## TLR Forward

- · Difficulty holding head up
- Weak neck muscles
- · Hunched posture
- Low muscle tone
- Over flexible joints problems lifting the arms up
- · Difficulty Brachiating & Climbing
- Inefficient eye muscles/Cross eyed
- Balance problems
- Difficulty walking downstairs or going down escalators

## TLR Backward

- Tense Muscles especially in legs (tendency to toe-walk)
- Balance Problems, especially when looking up
- Difficulty walking up stairs
- Coordination challenges
- Spatial challenges
- Sequencing challenges

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