

- **Abdominal Muscles:** Muscles located between the ribs and the pelvis on the front of the body. The abdominal muscles support the trunk, allow movement, and hold organs in place by regulating abdominal pressure.
- **Anti-Gravity Movements:** Movement where a body part must use effort to move against the force of gravity.
- **Asymmetry:** Lack of equality or equivalence between parts or aspects.
- **Asymmetric Tonic Neck Reflex (ATNR):** Also known as the “fencing reflex”, is when the face is turned to one side, the arm and leg on the side to which the face is turned extend and the arm and leg on the opposite side flex. Normally vanishes around 4 months of age.
- **Automatic Stepping Reflex:** When an infant is held upright and inclined forward and the feet are on a flat surface the infant will make stepping motions. Typically disappears around 6 weeks of age.
- **Back Extensors:** Muscles attached to the back of the spine. These muscles allow us to stand and lift objects. They include the large muscles in the lower back (erector spinae), which help hold up the spine, and gluteal muscles.
- **Bowed:** A curve outwards.
- **Chin Tuck:** When the head is tipped forward so the chin rests on the chest.
- **Extend (Extension):** An unbending movement around a joint in a limb (such as the knee or elbow) that increases the angle between the bones of the limb at the joint.
- **Extended Arm Weight-Bearing:** The ability for a baby to press up on forearms in prone positioning.
- **Flex (Flexion):** The action of bending or the condition of being bent, especially the bending of a limb or joint.
- **Frontal Plane:** An anatomical boundary that exists between front and back of the body and divides the body into belly and back.
- **Grasp Reflex:** The flexion of fingers when the palm is stimulated.
- **Head Righting:** A postural reflex that enables the baby to start lifting his head in prone/on his tummy.
- **Midline Orientation:** The ability to reach across the imaginary line that runs down the middle of the body and divides the body into left and right sections.
- **Neck Elongation:** Stretching of the muscles in the neck.
- **Neonatal Neck Righting:** Rotation of the trunk in the direction in which the head of the spine is turned.

- **Obligatory:** Required.
- **Orientation:** The relative physical position or direction of something.
- **Positional Plagiocephaly:** Also known as flat head syndrome, is when a baby develops a flattening on the back or side of the head. If left untreated, babies with plagiocephaly may develop vision problems and asymmetries of the head and face.
- **Positional Torticollis:** Muscles in baby's neck become stiff or tight, which causes baby's head to tilt to one side. This condition sometimes affects a baby's posture causing them to favor one side of their body.
- **Postural Control:** Refers to a child's ability to assume and maintain upright posture while seated without support.
- **Proprioception:** Body awareness sense, tells us where our body parts are relative to each other. It also gives us information about how much force to use in certain activities, allowing us to crack open an egg without crushing it in our hands.
- **Reciprocal Kicking:** Kicking motion with rhythmic patterns of both legs.
- **Regulation:** The ability to use skills, strategies, and behaviors to control arousal and reactions to environment and stimulation.
- **Respiratory System:** A system of organs functioning in respiration and in humans; consisting especially of the nose, nasal passages, pharynx, larynx, trachea, bronchi, and lungs.
- **Sagittal Plane:** An anatomical boundary that exists between the left and right sides of the body.
- **Sit Bones:** Pair of rounded bones that extends from the bottom of the pelvis. The bones that we sit on.
- **Transverse Plane:** An anatomical boundary that crosses the sagittal plane perpendicularly, and divides the body into top and bottom.
- **Trunk Alignment:** The ability to lift head for a moment or two.
- **Trunk Stabilizers:** Muscles in the abdomen and around the pelvis that help to control motor functions. These muscles provide stability for moving, sitting, and standing.
- **Vestibular:** Movement and balance sense, gives us information about where our head and body are in space. It allows us to stay upright while we sit, stand, and walk.
- **Weight Shift:** The ability to transfer weight of the body from one side of the pelvis to the other.