

# MNRI® Neuro-Structural Reflex Integration



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### Introduction

The MNRI Neuro-Structural Integration program was created by Dr. Masgutova to address the stress response known as the *Tendon Guard Reflex* (TGR). Tendons consist of fibrous tissue that connects muscles to bones. Tendons, muscles, and joints work together to provide structural support and flexibility in the body while accommodating a wide variety of outside forces during rigorous activity to rest. The TGR involves the tendon/muscle/joint system that spans from the tip of the big toe to the back of the head (starting with the big toe, continuing to the foot tendon, the Achilles tendon, hamstrings, sacrum, spine, various back and neck muscles to the back of the head). The TGR is a whole body reaction that helps mobilize the body for protection (through freeze, fight, and flight) and development (through pause, learn, and advance). Dr. Masgutova refers to the freeze and pause mechanisms as the Red Light TGR and the fight/flight protection mechanisms and learn/advance development mechanisms as the Green Light TGR.

#### *Red Light TGR*

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The Red Light portion of the TGR causes the abdominal, shoulder, and neck muscles to contract preparing the body to deal with either an unexpected situation or a situation that requires intense focus. In either case, the body stops action, quiets itself, and prepares or focuses the ears and eyes to isolate details important to the situation. When mature, the Red Light TGR supports a person's ability to narrow his field of attention, movement, and action so that he can critically *pause* to isolate details important to his task. When not mature, the Red Light TGR can result in either a hyper- or hypo-active response. A person with a hyperactive TGR is over-focused on unimportant details, can perseverate, or simply shut down or *freeze*. A person with a hypoactive TGR seems unaware that focused attention is needed and continues with whatever activity he is actively engaged in, remaining oblivious to any need relating to a looming danger or obligation.

#### *Green Light TGR*

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The Green Light portion of the TGR causes spinal muscles to contract, lifting and extending the spine, and preparing the body for action. A baby activates his spinal muscles when learning to lift and right his head, arch his back, raise and stretch his legs and arms, and eventually stand and walk. The Green Light TGR works throughout this process to provide structural support and flexibility necessary to ensure protection and development. When mature, the Green Light TGR widens a person's field of vision, movement and action,

so that he can see the big picture and act with forethought -- allowing him to *learn* and *advance*. When not mature, the Green Light TGR can also result in either a hyper or hypoactive response. A person with a hyperactive Green Light TGR often acts without much forethought, can misread the situation, and respond impulsively, often resulting in a *fight* or *flight* reaction without much provocation. A person with a hypoactive Green Light TGR remains relatively nonresponsive to events and experiences that generally elicit action in others.

### *Body Symmetry & TGR Dysfunction*

The MNRI Neuro-Structural Integration program determines the current state of the TGR by assessing various aspects of body symmetry. Symmetry indicates that the TGR is matured and appropriately integrated, while asymmetry indicates TGR dysfunction. Asymmetry is often found when developmental and learning challenges are present. This is because ongoing challenges often cause chronic tension to build up in muscles and tendons. The Neuro-Structural Reflex Integration Program techniques are designed to reduce protective tension present in the body.

### **Course Objectives:**

In this four-day course (32 hours), attendees learn through course discussion and hands-on supervised practice. Attendees will gain specific instruction on how to release tension of the Tendon Guard Reflex, relax the muscular tension in the whole body, activate the proprioceptive system and body structure links for optimizing self regulation, and activate receptors through deep touch and pressure.

The Neuro-Structural Integration Program is part of the larger MRNI Method. The program focuses on:

1. Motor development assessment
2. Interpreting the reflex pattern assessment
3. Specific techniques to release protective responses (e.g., Tendon Guard)

### **Reflexes Addressed in this Course**

#### *Primary Motor Reflex Patterns*

- Abdominal Pereze
- Moro Embrace
- Spinal
- Asymmetric Tonic Neck (ATNR)
- Spinal Galant
- Trunk Extension
- Bonding

#### *Additional Motor Reflexes & Reactions*

- Abdominal
- Balancing vestibular
- Breathing Rolling
- Centering Expanding
- Convergence-Divergence
- Core Tendon Guard
- Eyes Leveling Vestibular Leveling
- Eyes Tracking
- Fear Paralysis
- Foot Tendon Guard
- Gravity
- Grounding
- Head Righting
- Head Tilting Forward
- Head Up-Righting
- Locomotion
- Oculo-kinetic
- Oculo-
- Segmental
- Spine
- Spinning
- TMJ Leveling
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**Course Length:** The course covers a period of four days, 32 hours.

**Curriculum Design:** The course curriculum consists of a combination of historical and theoretical lecture, case study slides and videos, technique demonstration and applied practice, and class discussion.

**Course Materials:** The Neuro-Structural Integration manual, written by Svetlana Masgutova, Ph.D., is the primary source for content presented in class. Supplementary course content will be referenced as needed upon presentation in class. The course manual is included as part of the Masgutova Family Conference Associate training materials and is distributed to course participants at conference check-in.

**Course Disclosure:** *The Svetlana Masgutova Educational Institute has developed and patented a licensed technology trademarked as MNRI®. Because there are no other like-kind products available, course offerings will only cover information that pertains to the effective and safe use of the above-named products. This presentation will focus exclusively on MNRI® and will not include information on other similar or related products or services.*

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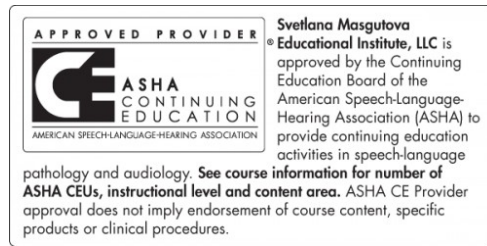


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This course is offered for 3.2 ASHA CEUs (Introductory level, Professional area)