HOW YOU BALANCE
CONNECTING THE DIFFERENT SYSTEMS

Brain
Integrates all the information provided by your sensory organs: eyes, joints, muscles, and vestibular system.

Visual System
 Judges depth, angles, & obstacles in your path such as stairs & curbs. Senses motion. Orient you to your environment.

Cognitive
Mental system consisting of memory, attention, insight, dual tasking, and ability to follow directions

Somatosensory System
Processes input from your muscles, joints, & ligaments for awareness of body position.

Psychological
Affects the mind as a function of awareness, feelings or motivation. Anxiety, fear of falling, or depression can change your balance

Vestibular System
Orients you to gravity. Informs your brain of head position & head movements. Primarily responsible for gaze stabilization.

Muscle Strength & Joint Mobility
Important to react to different surfaces, climb stairs, in/out chairs

Posture
Allows optimal use of other systems when your body is upright (knees, hips, back, and head straight).

Neurological

Sensory

Musculoskeletal

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