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

system.

Cognitive

Mental system consisting

of memory, attention,

insight, dual tasking, and

ability to follow directions

HOW YOU BALANCE

CONNECTING THE DIFFERENT SYSTEMS

Visual System

Judges depth, angles, & obstacles in your path such as stairs & curbs. Senses motion.

Orients you to your environment.

NEUROLOGICAL

SENSORY

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).

MUSCULOSKELETAL



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