

Important Facts and Research in under 60 seconds

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HOME HEALTHCARE

3 Key Components of Balance

The essential components of balance: the vestibular system, vision, and proprioception.



1. The Vestibular System: Inner Ear's GPS

Located in the inner ear, the vestibular system senses head movements and position changes.

Disruptions, like inner ear infections or vertigo, can cause dizziness and balance issues.

2. Vision: Provides critical feedback to the brain about your surroundings and position.

Visual Input: Helps navigate and avoid obstacles, maintaining stability.

Eye Movements: The vestibulo-ocular reflex (VOR) stabilizes your gaze by moving your eyes opposite to head movements.

Impaired vision affects balance, making stability harder in low light or with eyes closed.

3. Proprioception: Internal Sense

Proprioception is your body's ability to sense its position and movement through receptors in muscles, joints, and skin.

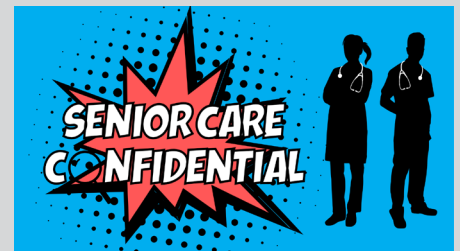
Muscle and Joint Feedback: Provides information about limb position and movement, crucial for coordination.

Tactile Feedback: Pressure under your feet helps adjust posture and movements.

This sense allows complex movements without conscious effort. Issues like numbness or joint problems can impair balance.

Understanding and maintaining these components can significantly improve your balance and quality of life.

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A show on all things Senior Care with important topics and guests to help improve the health and quality of life of seniors.

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