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ASSIGNMENT

Balance is mediated by the vestibular nuclei in the brain system. The vestibular system is the inner ear that helps the body maintain its postural equilibrium. Any change of position of the head causes movement in the perilymph and endolymph, which bends the hair cells and stimulates the sensory nerve endings in the utricle, saccule and ampullae. The resultant nerve impulses are transmitted by the vestibular nerve which joins the cochlear nerve to form the vestibulocochlear nerve.

The cerebellum also receives nerve impulses from the eyes and sensory receptors in the skeletal muscles and joints. Impulses from these three are coordinated and efferent nerve impulses pass to the cerebrum and to skeletal muscles. This results in awareness of body positions, maintenance of upright posture and fixing of the eyes on the same point, independently of head movements.