**AKANIMO EMEM**

**18/MHS02/026**

**NURSING SCIENCE**

**PHS 212**

**200L**

Discuss the physiology of balance.

The vestibular system is the sensory apparatus of the inner ear that helps the body maintain its postural equilibrium. It is located in the brain stem. The information is interpreted by the vestibular system, it also helps in coordinating the position of the head and the movements of the eyes. The labyrinth is the major organ of our vestibular system. The three semi canals of the labyrinth is associated with sensing rotary motion. The brain senses the direction and speed of rotation of the head by the movement of fluid in the semicircular canals. Balance is maintained by the interaction between the labyrinth and other systems in the body such as the visual and skeletal system. The main components of the balance system are the vestibular labyrinths, visual system (eyes), and somatosensory system.