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 ANSWER

* PHYSIOLOGY OF BALANCE

 The physiology of balance : vestibular function. The vestibular system is the sensory apparatus of the inner ear that helps the body maintain its postural equilibrium.The information furnished by the vesticular system is also essential for coordinating the position of the head and the movemet of the eyes.Balance is the key to all functional movement. It helps your postural equilibrium , muscular balance, joint dynamics, neuromuscular and stability.

 The vestibular system also known as the sensory organ of balance, is located in the inner ear of all vertebrates and plays an important role in the organism’s body movements or locomotion. The vestibular system, the region of the inner ear where three semicircular canals converge, works with the visual system to keep objects in focus when the head is moving, this is called the vestibulo-ocular reflex.

 In the vestibular system,equilibrioception is determined by the level of fluid called endolymph in the labryrinth, a complex set of tubing in the inner ear.

* The cochlea is responsible for hearing.
* The semicircular canals have function associated with balance ,and
* The vestibule which connects the two and contains two more balance and equilibrium related structures, the saccule an utricle.

Declining vision can affect the ventricular system which has direct impact on balance. The cerebellum is a small part of the brain positioned at the back of the head, where it meets the spine, which acts as the body’s movement and balance control centre.

* Ways to improve balance
* Practice yoga
* Close your eyes
* Strengthen your core.
* Try new tools
* Practice agility drills