

UMAR SHAMWEEL MAKUN

BIOMEDICAL ENGINEERING

18/ENG08/024

PHYSIOLOGY

PHYSIOLOGY OF BALANCE: the vestibular system is the sensory apparatus of the inner ear that helps the body maintain its postural equilibrium. The information furnished by the vestibular system is also essential for coordinating the position of the head and movement of the eyes. There are two organs in the inner ear: the semicircular canals, which respond to rotational movements and the utricle and saccule within the vestibule, which respond to changes in the position of the head with respect to gravity. The semicircular canals help with balance. This movement of the fluid moves the hairs of the canals creating impulses that travel to the brain and let it know your head is off balance. The cochlea is responsible for hearing. The semicircular canals have functions associated with balance. The vestibule which connects the two and contains two more balance and equilibrium related structures. The brain controls all movement. The cerebellum is a small part of the brain located at the back of the head, where it meets the spine which

acts as the body's movement and balance control center.

Balance can be improved by: sit-ups, sit down, strength training etc.