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**PHYSIOLOGY OF BALANCE**

Physiology of balance is mediated by the vestibular nuclei in the brain stem. The labyrinth (a part of the inner ear), is major organ of our vestibular (balance) system. The three semi-circular canals of the labyrinth is associated with sensing rotatory motion. The brain senses the direction and speed of rotation of the head by the movement of fluid in the semi-circular canals. The such as the visual and skeletal systems.

The main inputs into the balance systems are the vestibular labyrinths, visual system (eyes) and somatosensory system, especially proprioception.

The main outputs from the vestibular nuclei are:

. vestibule-ocular;

**.** permitting reflex eye movements related to posture

. vestibule-spinal which supply:

**.** anti-gravity muscles in the lower limbs

**.** reflex arcs which control gait