

ALL ABOUT THE VESTIBULAR SYSTEM

WHAT IS THE VESTIBULAR SYSTEM?

THIS IS OUR MOVEMENT DETECTION SYSTEM. IT INCLUDES THE INNER EAR AND ASPECTS OF THE BRAIN THAT PROCESS MOVEMENT. IT ALLOWS US TO PROCESS AND UNDERSTAND HOW OUR BODY IS CHANGING POSITION IN SPACE AND, EVEN MORE SPECIFICALLY, WHICH DIRECTION THE HEAD IS AND THE INTENSITY OF SPEED WITH WHICH IT IS MOVING.

IT TELLS US WHETHER WE ARE MOVING WITH GRAVITY OR AGAINST GRAVITY.

THIS SYSTEM WORKS HAND-IN-HAND WITH THE VISUAL SYSTEM. THIS MEANS BOTH SYSTEMS HELP US TRACK AND FOCUS ON MOVING OBJECTS!

IT IS ONE OF THE THREE 'HIDDEN' SENSORY SYSTEMS.

THE VESTIBULAR SYSTEM IS WHAT
ALLOWS US TO FEEL & PROCESS:

THE FEELING OF BEING UPSIDE DOWN



DIZZINESS FROM SPINNING



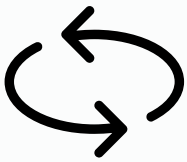
HEAD MOVING UP & DOWN IN SPACE AS

WE JUMP



HOW SOME BRAINS & BODIES RESPOND TO VESTIBULAR INPUT

A CHILD MAY SEEK VESTIBULAR INFORMATION MORE THAN OTHERS. THIS MAY MEAN THEY ARE...



VESTIBULAR SEEKING

"VESTIBULAR UNDER-RESPONSIVE"

THIS MIGHT LOOK LIKE:

CRAVES MOVEMENT: WANTS TO RUN, JUMP, AND SPIN FREQUENTLY

LOVES TO BE UPSIDE DOWN

RARELY SEEMS TO GET DIZZY

HAS DIFFICULTY SITTING FOR EVEN SHORT PERIODS OF TIME

ROCKS BACK AND FORTH IN A CHAIR

A CHILD MAY BE MORE SENSITIVE TO VESTIBULAR INFORMATION THAN OTHERS. THIS MAY MEAN THEY HAVE...

"VESTIBULAR OVER-RESPONSIVE"
OR
"GRAVITATIONAL INSECURITY"

VESTIBULAR SENSITIVITIES



THIS MIGHT LOOK LIKE:

FEARFUL OF MOVEMENT ACTIVITIES (I.E. SWINGS, SLIDES, MERRY-GO-ROUNDS, OR TEETER TOTTERS)

FEARFUL OF ACTIVITIES WHERE FEET LEAVE THE GROUND (I.E. WALKING ON UNEVEN SURFACES OR GOING UP AND DOWN STAIRS)

RESISTANT TO LEARNING HOW TO RIDE A SCOOTER, TRICYCLE OR BICYCLE OR SIT IN A WAGON

GETS CAR SICK OR MOTION SICKNESS IN GENERAL