

# THE VESTIBULAR SENSE

JMU-OTCES



## WHAT IS THE VESTIBULAR SYSTEM?

A SENSORY SYSTEM THAT CONTRIBUTES TO OUR ABILITY TO MAINTAIN BALANCE AND THE SENSE OF SPATIAL ORIENTATION. VESTIBULAR SENSORY INPUT IS REQUIRED FOR NATURAL DEVELOPMENT.

## What is Vestibular Sensory Input?

Vestibular input is the sensation of any change in position, direction, or movement of the head.

### Where to get this input?

Bouncing, swinging, jumping, spinning, flipping, changing speed



## HOW DOES IT WORK?



This system operates through receptors in the inner ear that provide information to your central nervous system. These receptors are activated by fluid in your ear canal that moves as you move.

## VESTIBULAR PROCESSING PROBLEMS:

- Poor spatial awareness
- Poor balance
- Difficulty discriminating body movement
- Poor visual processing
- Sequencing Deficits



## Want to Learn More?



OT TOOLBOX:  
VESTIBULAR  
ACTIVITIES



WHAT IS  
VESTIBULAR INPUT  
& WHAT THERAPY  
HELPS