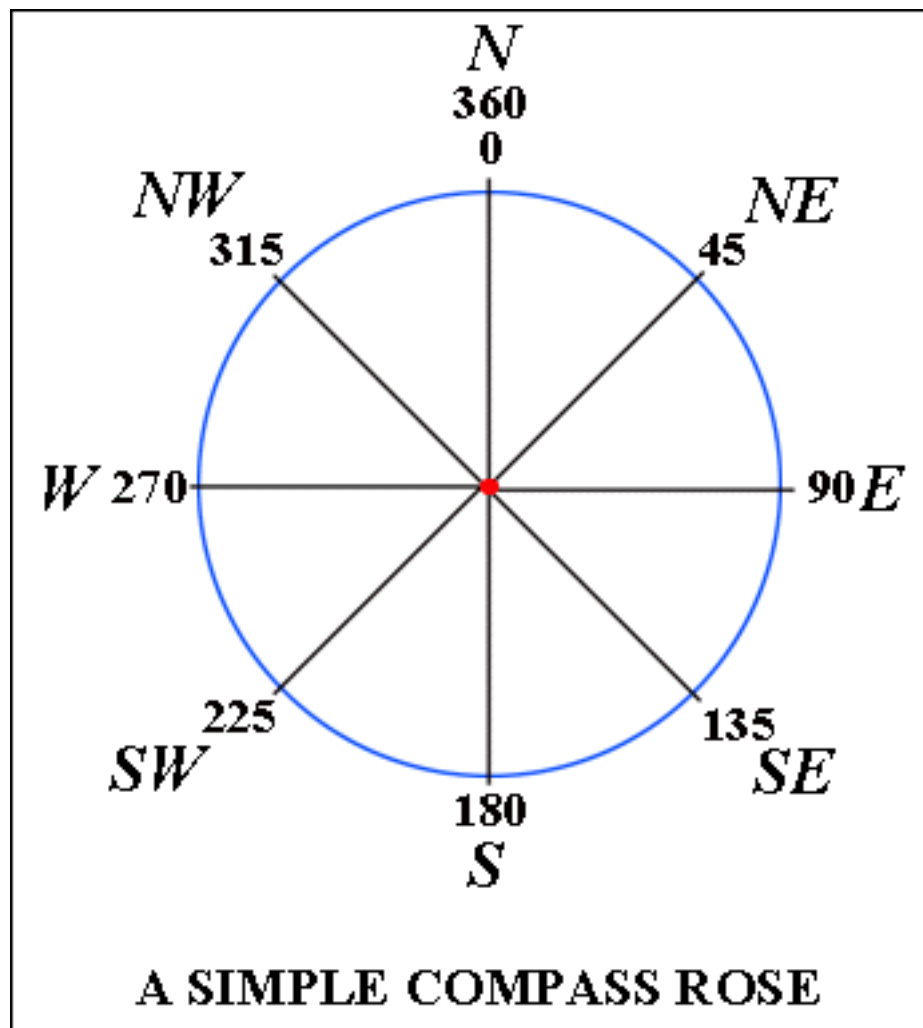


“All learning in the first fifteen months of life is centered on vestibular system development. The word vestibule means entryway, and this system is the entry way into the conscious brain. Balance, locomotion, discrimination of speech and language, coordination of vision with movement, all of these fundamental abilities, which we learn early and rely on the rest of our lives depend upon the proper functioning of the vestibular system. Additionally, the vestibular system maintains the all important arousal state (through the reticular activating system RAS) necessary to be conscious, alert and responsive.” -- Smart Moves, by Carla Hannaford



8-DIRECTION MOVEMENT COMPASS FOR EYES, HEAD, & FEET



BREATH

Breath is a key to better balance. Practice a relaxed diaphragmatic breath with hands at naval area, near your center of gravity.

Practice this lying on your back, seated, or standing, with eyes open or eyes closed.

SAFE STANCE/FOUNDATION PROGRESSION

Lying Down

Seated

Standing, with support

Neutral stance

Narrow stance (together/split/tandem)

On one leg

WEEK 1 PRACTICES

Breath and relaxation

FEET/ANKLES: Skin stimulation, circles, tilts, toes

HIPS: Skin stimulation, circles

SPINE: Standing cat/cow, twists, cat/cow on floor

NECK: Rub neck. Move head in 3 Rotations

(Nod Yes; No; Tilt to side)

EYES: Move eyes in 8 directions (Smooth pursuits)

***FAR GAZE STABILIZATION 8 Directions**

***NEAR GAZE STABILIZATION 8 Directions**

**(*Key balance practice. Choose safe but
challenging stance.)**

NOTES