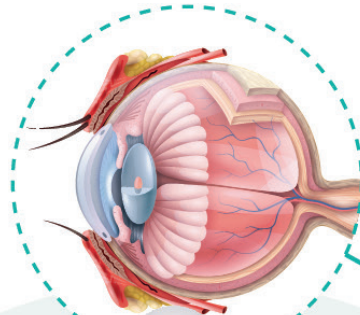


# Balance

## MECHANISMS

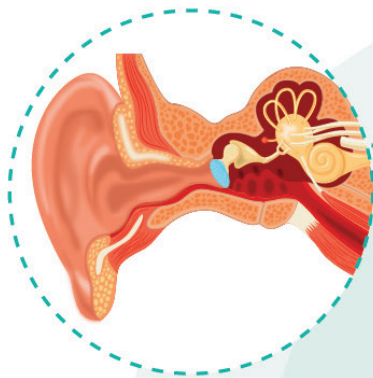
### visual

Spatial, motion and depth perception  
Eye coordination  
Stable Gaze  
Clear Vision



### brain

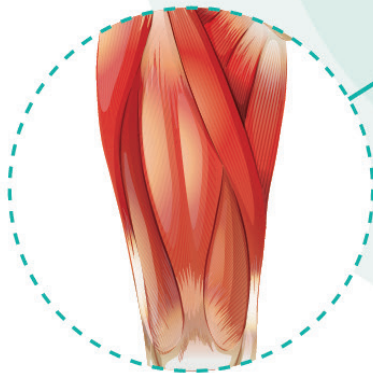
The brain receives the information processes it, sorts it, and integrates it.



### vestibular

Rotational movement  
Linear movement  
Equilibrium  
Gravity

Brain sends impulses to the muscles that control movement, to coordinate posture and balance.



### proprioception

Sense of body positioning  
Joints  
Muscles  
Skin



### balance

Balance is maintained by the complex system of sensory inputs and motor control.