

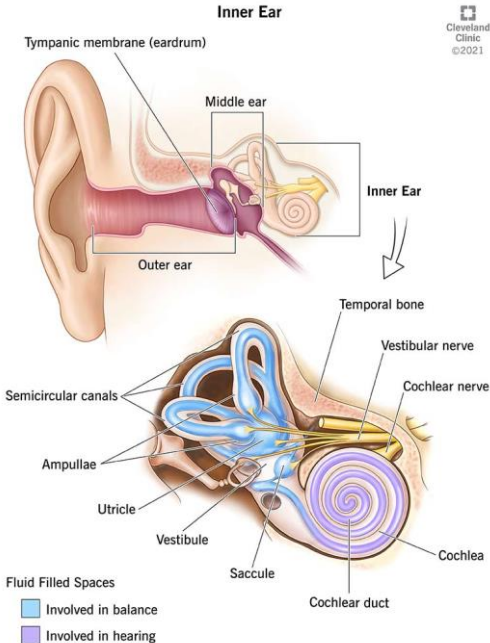
# Balance and Preventing Falls

*Disclaimer:*

*This information is intended for general educational purposes only and is not a substitute for medical advice. Please consult your healthcare provider for information specific to your personal health situation.*

Balance is needed in everyday tasks and to keep you from falling. Literature supports challenging your balance through physical exercise to improve balance scores!

What systems contribute to your balance?

 <p>Inner Ear</p> <p>Tympanic membrane (eardrum)</p> <p>Middle ear</p> <p>Inner Ear</p> <p>Outer ear</p> <p>Temporal bone</p> <p>Vestibular nerve</p> <p>Cochlear nerve</p> <p>Semicircular canals</p> <p>Ampullae</p> <p>Utricle</p> <p>Vestibule</p> <p>Saccule</p> <p>Cochlea</p> <p>Cochlear duct</p> <p>Fluid Filled Spaces</p> <ul style="list-style-type: none"><li>Involves in balance</li><li>Involves in hearing</li></ul>	<p>Your:</p> <ul style="list-style-type: none"><li>● Inner ear<ul style="list-style-type: none"><li>○ Fluid in your ears tells you if you are standing up straight</li><li>○ Head movement affects this fluid</li></ul></li><li>● Eyes<ul style="list-style-type: none"><li>○ You can see that you are standing up straight</li></ul></li><li>● Proprioception<ul style="list-style-type: none"><li>○ awareness of the position of your body in time and space through your muscles and skeletal system</li></ul></li></ul>
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It is **highly recommended** to have a professional assess your balance and provide safe ways for you to challenge each system that contributes to your balance! It may be recommended to be supervised when practicing balance exercises, and for others it may be safe to practice on their own.



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