

# VESTIBULAR

## BRIEF DESCRIPTION

The vestibular system is located in the inner ear and deals with the gravity receptors of the brain. Because gravity is a part of our every day life, we take for granted how this system interacts with everything! The vestibular system affects eye and neck muscles, posture, equilibrium, and upper centers of the brain that initiate attention and alert levels.

## SIGNS OF OVER-REACTIVE VESTIBULAR SYSTEM:

- anxious when feet are off the ground
- exaggerated fear of falling or heights
- dislikes being upside down or tilted
- avoids jumping from high surfaces or playing on the playground
- increased time to go up or down stairs
- avoids climbing or walking on raised surfaces

## UNDER-REACTIVE VESTIBULAR SYSTEM

Every system needs a certain amount of stimulation in order to act appropriately. A person who has an under-reactive vestibular system needs more stimulation for their bodies to respond to the information.

## OVER-REACTIVE VESTIBULAR SYSTEM

In the person with an over-reactive vestibular system there does not need to be much input to the system before an adverse reaction appears.

## SIGNS OF UNDER-REACTIVE VESTIBULAR:

- trouble reading or learning math
- seeks movement (running, jumping, swinging)
- does not get dizzy after spinning
- trouble keeping eyes on moving objects
- falls more frequently with no attempt to catch themselves
- trouble sitting upright
- difficulty with tasks that require two hands
- poorly established handedness after the age of 6
- confusion with up and down, right and left