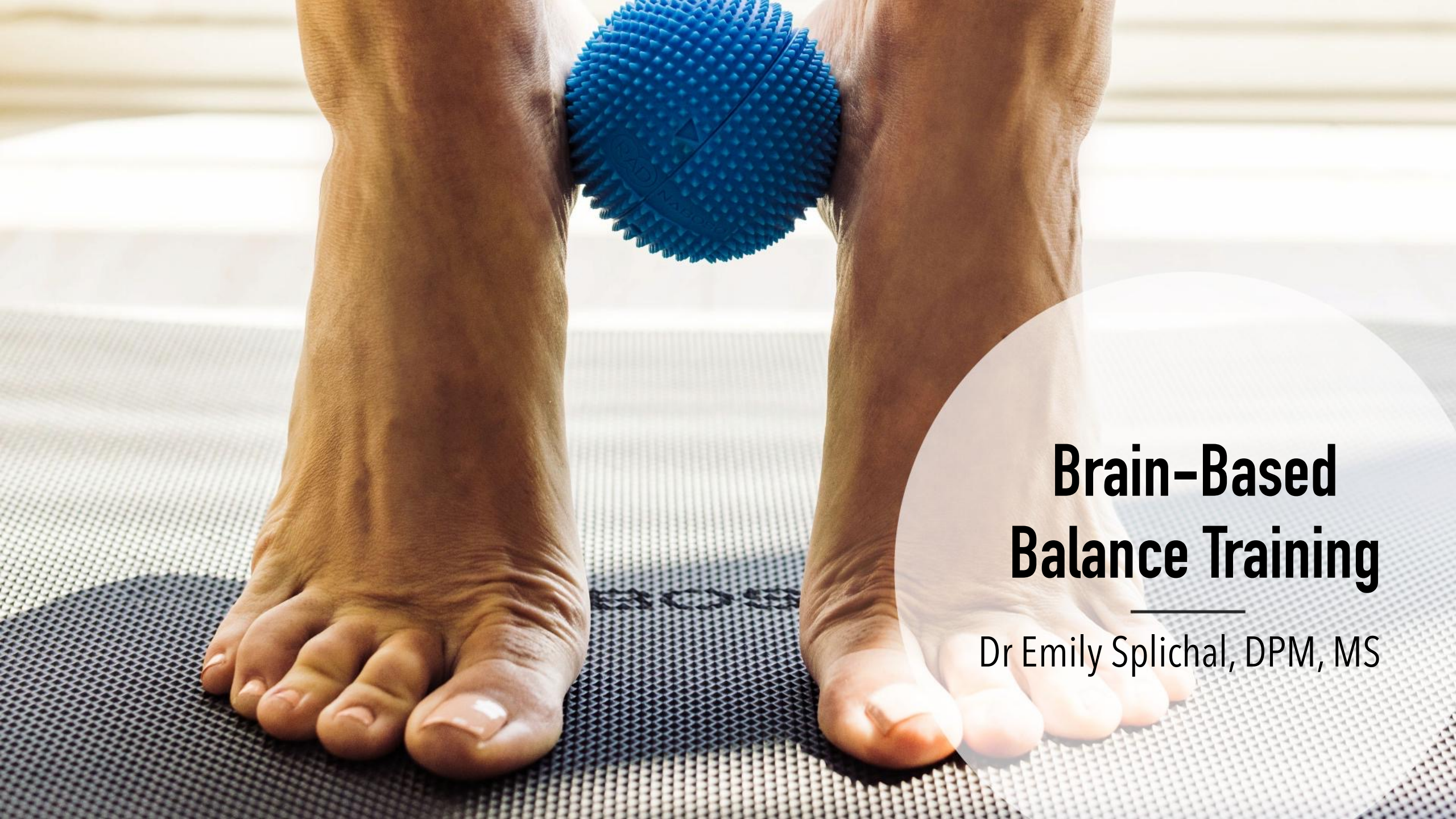

Brain-Based Balance Training

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Do you want this PowerPoint?

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Most simply stated, the subconscious control and coordination of our body in space is controlled by our perception of that body.
This is a neurosensory process.


The only constant in the world is gravity.

To control standing posture we need to push up into gravity.

This weight on our shoulders is like a ”proprioceptive hug” to our skin & fascia and creates **body awareness**

Your Body Schema

A balance of exteroception + interoception

Exteroception & Body Schema

Weight

- Wrist weights
- Sensory Sticks

Tactile

- Naboso
- Vibration
- Dry brushing

Compression

- Apparel
- K-tape
- Athletic braces

Interoception & Body Schema

Breath, meditation & mindfulness

Heart Beat Tracking

Body perception is needed for balance & body control

How does **sensory input** shape balance and stability?




The Visual System

Central and peripheral input system

Typically the dominant input system in an unstable environment (SLS)

Most balance training exercises simply re-enforce this increased visual dependence

The Vestibular System

The vestibular system is one of the nervous system's most important tools in controlling posture and our relationship with gravity

Intimately connected to the oculomotor nuclei to create gaze stability while our head is moving.

The vestibular system informs the respiratory diaphragm (**vestibulorespiratory reflexes**)

Proprioception

Muscle Spindles & Golgi Tendon Organs

- Joint Position Sense
- Join Centration
- Kinesthetic Awareness
- Velocity & Force

Mechanoception

SAI - Merkel Disc.
(two point discrimination)

SAII - Ruffini Endings
(skin stretch)

FAI - Meisner Corpuscles
(low freq vibration)

FAII - Pacinian Corpuscles
(high freq vibration)

Interesting foot facts

Naboso as an SA1 mechnoceptive stimulation tool

Spatial acuity of Merkel Disc is 1mm

Texture height and durometer designed to stimulate dermal layer of foot


Multi-Sensory Processing
NABOSO

Multisensory integration refers to the process by which the nervous system integrates information from different perceiving processes

Research now demonstrates that neuronal sensory integration happens much earlier in the sensory processing pathway and is optimized or heightened with multi-sensory stimulation, or what we call **sensory stacking**





Let's Get Connected!


Step 1– Set your base
NABOSO® MIND BODY

Finding a Plantigrade Foot

1. Foot Tripod
2. Toes Spread and Long
3. Neutral Arches
4. Toe Tension and Reverse Windlass


Step 2- Activate your base
NABOSO


5 Point Activation


Step 3– Integrate your base


Integrated Foot Strength

Deep Front Line

FHL, FDL, Posterior Tibialis

↓

Adductors which insert on Ischiopubic Ramus

↓

Continuous with Obturator Fascia to Pelvic Floor

↓

Continues up the Psoas and QL to the Diaphragm

Balance Hacks
or Sensory Stacks

Hack #1 - Visual Spotting

Hack #2 - Tactile Stimulation

Hack #3 - Fascial Tension

Hack #4 - Breath Rhythm

Challenge our base

Kinesis Board

Eye Stimulation

Vestibular Stimulation

Peripheral Vision Training

Dual Tasking

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