

PROPRIOCEPTION

THE BODY AWARENESS SENSE AND CLIMBING

What is proprioception?

Proprioception is the sense that provides information about where our body parts are in relation to each other and the environment.

Proprioceptive input is received through receptor sites in the muscles, joint capsules, tendons and ligaments.

Climbing involves a lot of proprioceptive activities!



Emotional regulation

Proprioceptive input can have a regulating effect on our emotions, calming when we are overly excited and alerting if we are lacking energy and focus.

Sensory modulation

Sensory modulation is the processing and sorting of sensory information by the brain.

Practicing proprioceptive activities can help us feel more regulated, improving the ability to manage and organise sensory information.

Motor development

Activities with a lot of proprioceptive input can strengthen muscles and refine movements involved in posture, coordination, speed and stamina.

Lasting effects

Fifteen minutes of climbing provides enough proprioceptive input to have a regulating effect on the brain for up to two hours!