VESTIBULAR

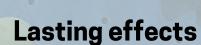
SYSTEM AND CLIMBING



Climbing is great for building muscle. It makes you stronger, improves your balance and posture



Looking for grips and holds on the wall improves visual skills which helps with planning and coordination



Swinging from a climbing rope for just 15 minutes can have 6-8 hours effect on the brain!

Other benefits

Improving skills with **climbing** can also have a positive effect on your social emotional mental health and well being



WHAT IS THE VESTIBULAR SYSTEM?

The sensory pathway that provides the brain with information which helps us to maintain our posture and orientation in relation to our environment. It is triggered by movement and works together with proprioception(body awareness) and is essential for Balance Eye movements Muscle tone and posture **Alertness**

Vestibular input is received from fluid filled receptors in the inner ear. They detect linear, rotational and orbital movement of the body.

Spatial orientation

Coordination



Climbing **UP** Belaying



Has a calming effect on the brain

Traversing

ACROSS

the wall

Has an **alerting** effect which helps you to focus on your climb





