

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**

Lasting effects

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
Spatial orientation
Coordination

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

Climbing **UP**
Belaying **DOWN**

Has a **calming** effect on the brain

Traversing **ACROSS** the wall

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

