

VESTIBULAR INPUT

What is vestibular input?

Visual input from the eyes, feedback from muscle and joint receptors, inner ear receptors contribute to what is known as the vestibular system. In effect, vestibular input is the body's response to maintaining posture and determining the most effective way to maintain a field of vision.

What does vestibular input affect?

1. Posture
2. Balance
3. Movement
4. Coordination
5. Ability to concentrate
6. Behavior
7. Impulse



Activities for the age groups to help vestibular input:

0-6 MONTHS

- Infant Swing
- Gentle Rocking
- Tummy Time



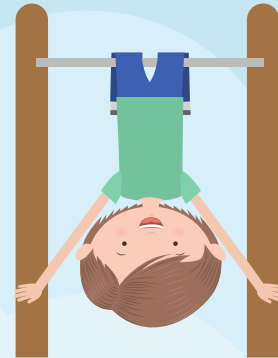
6-12 MONTHS

- Rolling over on tummy
- Promoting rolling on floor
- Swinging on lap of parent
- Hammock



12-24 MONTHS

- Age appropriate slide
- Dancing
- Baby Yoga
- Walking on grass
- Bounce ball for sit/bounce on



24-36 MONTHS

- Skipping
- Hopping
- Riding on push toys
- Rolling on Floor
- Makeshift slide using a cushion
- Sitting on a bounce ball

36+ MONTHS

- Tricycle
- Scooter
- Sledding
- Twister
- Singing a song with movements

THE ROLE OF AN OCCUPATIONAL THERAPIST

Often enough, people experiencing vestibular impairment suffer from a variety of symptoms. These symptoms have a range of effects on the obstruction (mild to severe) it causes in a person's life: personal or communal. In regards to vestibular input, Occupational Therapist (OT) practitioners are geared towards assessing and mediating problems affecting a person's day-to-day routine and occupations (activities). The OTs formulate interventions that are specifically designed to tackle occupational performance that the client values, in addition to targeting issues caused by vestibular impairment. This is referred to as vestibular rehabilitation and addresses adaptation, substitution, compensation, and movement retraining. The goal of these mediations is to increase a person's quality of life regarding occupational performance and involvement ("Vestibular Impairment, Vestibular Rehabilitation, and Occupational Performance," 2017).

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