

## **Balance Platform for Activating Attention Span and Learning Efficiency**

The sense of balance (the vestibular system), which is located in the inner ear, is the first sense to develop in the womb. The sense of balance orients the perception of ourselves in a three dimension world: up-down, left-right, front-back, which we called “spatial awareness”. All the other senses: vision, auditory, motor, and tactile develop in relationship to the sense of balance which provides a base for the other brain processes and perception. Many symptoms relating to learning and attention inefficiencies have “a weak sense of balance” at the source of the problems.

The brain (the cortex) is divided into two hemispheres. The left hemisphere specializes with verbal information and controls movements on the right side of the body while the right hemisphere is the center for spatial information controlling the left part of the body. A weakness in one part brings compensating reactions which lead to problems. The sense of balance plays a crucial role at integrating these functions efficiently.

Processing speed is often an issue when learning and attention problems manifest. Brain timing is closely related to the efficiency of the integration of the two hemispheres and to the sense of balance.

The “binocular vision” refers to the ability of the eye muscles to work together as a team for alignment in the horizontal and the vertical plans. The evidence that “the eyes belong to a body” needs to be considered when we want to improve the efficiency of the function of these eye muscles, efficiency that depends on the quality of the sense of balance which we aim to improve through the use of the balance platform.

The improvement of the “sense of balance” is an integral part of our work as we activate the central nervous system with a “bottom-up” approach working from the brain stem, the midbrain (including the limbic system) to the cortex. The balance board is part of the several tools that we use with our clients.