

Balance, Proprioception, and Academic Performance

"The whole is greater than the sum of its parts."

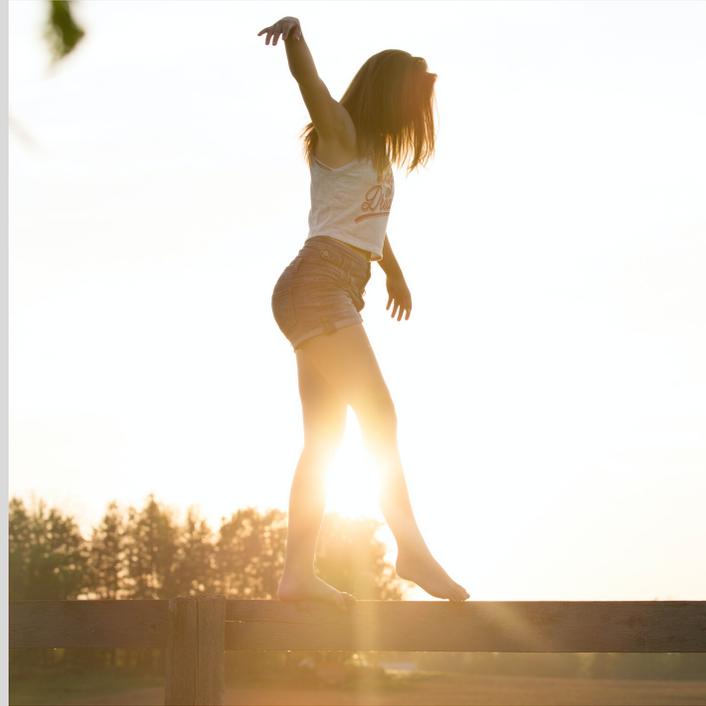
When looking at the body, the smallest parts and all interact and function with one another to form higher systems and greater functions. The complexity of interaction leads to the beauty that is you!

Essentially, every aspect of the body is connected. The physical body itself and the mind are part of that, meaning that the way the body functions and exists physically can impact the way that the brain works. To gain a better idea of how the two are connected, researchers conducted a study of children. Motor skill and academic performance were studied to gain a better understanding of how the physical body and mental state impacted one another.

Researchers found that balance in children correlated with academic performance. How can it be that two seemingly unrelated aspects of the body can appear related?

Proprioception (the brain's ability to understand the position of the body in space) is essential when it comes to the balance and physical movements of the body. So, if the brain is unable to process that correctly, we know that our motor skills are therefore inhibited; we are unable to properly perform physical movements since the brain can't accurately assess our body. In fact, gaining balance and proper proprioception in children is crucial for neurological development. This early neurological development is necessary to allow for academic learning later in life! Regardless of the symptom, it makes sense that restoring the proper function of the nervous system from subluxation allows for proper communication between the brain and body and the best development in our young ones!

Lima, R. A., Stodden, D. F., Pfeiffer, K. A., Larsen, L. R., Barros, M. V., Bugge, A., & Andersen, L. B. (2020). Dynamic Balance, but Not Precision Throw, Is Positively Associated with Academic Performance in Children. *International Journal of Environmental Research and Public Health*, 17(8), 2790. doi:10.3390/ijerph17082790



More and more research shows that our physical health is strongly related to our mental health and academic performance.



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