

# PROPRIOCEPTION



## WHAT IS IT?

PROPRIOCEPTION IS THE BODY'S ABILITY TO SENSE ITS LOCATION, MOVEMENTS, AND ACTIONS.

THIS SENSE HELPS US MOVE AROUND WITHOUT HAVING TO CONSCIOUSLY THINK ABOUT OUR SURROUNDINGS.

## WHY IS PROPRIOCEPTION IMPORTANT?

WE USE OUR SENSE OF PROPRIOCEPTION FOR MOST MOTOR ACTIONS.

THIS SENSE HELPS WITH OUR POSTURE, COORDINATION, MOTOR FUNCTIONS, AND BODY AWARENESS.

## HOW CAN YOU HELP DEVELOP & IMPROVE PROPRIOCEPTION?

THE PROPRIOCEPTIVE RECEPTORS IN THE BODY RESPOND TO STRETCHING AND COMPRESSION OF THE MUSCLES. SO, ACTIVITIES THAT ENCOURAGE THIS RESISTANCE AND MOVEMENT HELPS TO STIMULATE NERVE ENDINGS.

TRY THIS:

- HEAVY PUSHING & PULLING ACTIVITIES
- YOGA
- WRAP YOURSELF TIGHTLY IN A HEAVY BLANKET

## WANT TO LEARN MORE?



HEALTHLINE: WHAT IS PROPRIOCEPTION?



THERAPY SOURCE: WHAT IS PROPRIOCEPTION