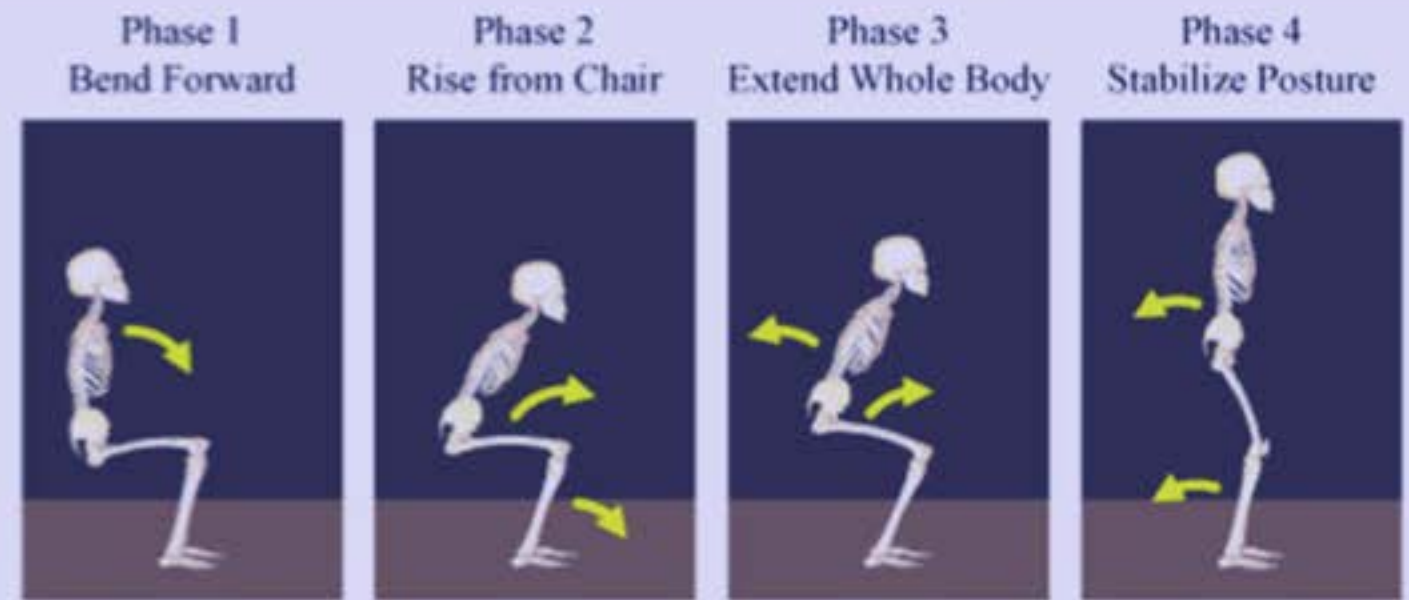


Use of our balance sensory systems at different phases of sit to stand

Yoshida K, An Q, Yozu A, et al. Visual and Vestibular Inputs Affect Muscle Synergies Responsible for Body Extension and Stabilization in Sit-to-Stand Motion. Front Neurosci. 2019;12:1042. Published 2019 Jan 15. doi:10.3389/fnins.2018.01042

SIT TO STAND



“Our results suggest that humans do NOT depend much on visual input during the trunk flexion, hip raising from the chair, and entire body extension phases.

However, posture stabilization required greater synergy activation under the visual-disturbance condition after the subjects completed the body extension phase.



In contrast, vestibular input contributed to the sense of verticality, and the subjects utilized vestibular input to correct their posture while raising their hips from a chair and extending their bodies.”