

# Resetting Your Somatosensory System

If your **somatosensory system** is out of wack, it creates static in your brain and makes everything you do more difficult. These walking exercises will help you to reset your somatosensory system, it will improve your balance, your physical “style” and energy, and improve your memory, too. Do these exercises weekly or monthly, or more often if you have balance problems or memory losses.



Walk at a quick but manageable *natural* pace that works for you. And don't forget, you must focus on the walls, ceiling, floor, etc. with *every* step. Without focus, the exercises will be ineffective. When walking naturally, your arms swing naturally, so each step *naturally* swings your arms like pendulums. You must coordinate each step with a head motion.

The exercises are best done on a treadmill for better focus; if no treadmill, do it while walking outside, but make sure you can *focus* on something with each movement of your head. You are trying to work each set of right and left semi-circular canals separately to stabilize your cerebellum; so only work in these three planes...don't mix them up.



There are **three sets of two exercises each** (one set for each plane of your semi-circular canals); six in all. In order to get your cerebellum “in the mood”, precede each of the six exercises with 30 to 50 steps of naturally walking and focusing straight ahead of you. Do this until you feel “stable”. If you fall in any of the six exercises, restart that exercise by first taking 30-50 steps until you feel stable enough to do the exercise.

**1<sup>st</sup> two exercises:** 1) Walk naturally and tilt your **right ear** to your **right shoulder** while bringing your **RIGHT arm up** in front of you, and then tilt your left ear to your left shoulder while bringing your **left arm up** in front of you...do this without falling for a total of 70-100 steps. Focus on the wall in front of you as you take each step; focus is important.



2) Take 30-50 natural steps until stable. Next, walk naturally and tilt **right ear** to your **right shoulder** while bringing your **LEFT arm up** in front of you, and then tilt your left ear to your left shoulder while bringing your **right arm up** in front of you...do this without falling for a total of 70-100 steps. If you fall it means that your balance is off and you need to repeat that exercise, without moving on to the next, until you can do it for 70-100 steps without faltering.

**2<sup>nd</sup> two exercises:** 1) Take 30-50 natural steps until stable. Tilt your **head up** and focus your eyes on the **ceiling** while bringing your **RIGHT arm up** in front of you; then tilt your head down and focus on the floor while bringing your **left arm up** in front of you...do this without falling for 70-100 steps without faltering.



2) Take 30-50 natural steps until stable. Next, tilt your **head up** and focus your eyes on the **ceiling** while bringing your **LEFT arm up** in front of you, then tilt your head down and focus on the floor while bringing your **left arm up** in front of you...do this without faltering for 70-100 steps.

**3<sup>rd</sup> two exercises:** Take 30-50 natural steps until stable. 1) Third set of exercises is to **rotate** your head **to your right** and focus on the **right wall**, while bringing your **RIGHT arm up** in front of you; then rotate your head to your left and focus on the left wall, while bringing your left arm up in front of you...do this without faltering for 70-100 steps.



2) Take 30-50 natural steps until stable. Next, **rotate** your head **to your right** and focus on the **right wall**, while bringing your **LEFT arm up** in front of you and then rotate your head to your left and focus on the left wall, while bringing your **right arm up** in front of you...do this without falling for 70-100 steps.

These exercises may seem simple, but they aren't if your somatosensory system is out of wack. If you don't falter, these exercises should take about 5-10 minutes. If you falter, they can take 20-30 minutes. The good news is, if you falter your somatosensory system is out of wack and you can be reset it. Again, eye focus is most important.