

## Balance and Coordination

Both balance and coordination are skills that are essential in order to maintain different positions as well as to be able to move through different positions independently.

Balance includes the ability to maintain positions, recover and react from forces that might throw you off balance, as well as the ability to safely fall, minimizing injuries. Coordination is the ability to smoothly execute a movement through space. Balance and coordination depend on the interaction of multiple body organs and systems including the eyes, ears, brain and nervous system, cardiovascular system and musculature. Balance and coordination skills sometimes do not naturally occur in children with special needs and hinder the achievement of independent motor skills. These skills can be taught, and many children successfully learn balance strategies after correct instruction and practice. Having good balance and coordination skills can be the difference between needing assistance and being able to complete a movement independently. The use of the SUIT and the Universal Exercise Unit (UEU) can be included in balance training to help promote correct posture.

