Physical Components of Dizziness

**Reasons for Dizziness:** A number of body parts work together to maintain balance, and to give the individual a sense of orientation to their surroundings. Disturbance to various parts described in the diagram may result in dizziness.

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**Co-ordinating Balance and Orientation**

**Inner Ear:** maintains balance by orienting head position in space.

**Eyes:** inputs vision, focus on objects.

**Neck:** moves and stabilizes visual field; allows eyes to follow when body or objects are moving.

**Legs:** position sensors in joints (hips, knees, ankles) in legs send information to the brain about body position and the surface underfoot (i.e., sloped, uneven, rough).

**Brainstem:** co-ordinates input from eyes, neck, inner ear, and position sensory system in joints to maintain image and to keep person stable.

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