

Proprioception Test

How does vision affect proprioception?

The proprioception (Pro-pree-oh-SEP-shun) system helps us keep track of where all of our body parts are relative to each other, and relative to gravity. Vision helps to fine-tune proprioception, making it a little more accurate.

Instructions

Sitting down in a chair with a back:

Part 1

1. Close your eyes and lean back.
2. Try to touch your nose with your right index finger.
3. Repeat with your left index finger.
4. Open your eyes and try again.

Part 2

1. Close your eyes and raise your arms over your head.
2. Keep your left hand totally still with fingers spread out.
3. With the index finger of your right hand:
 - Touch your nose, touch the tip of your left thumb—quickly.
 - Quickly repeat the entire process for each finger: touch your nose, touch your index finger, touch your nose, touch your middle finger, etc.
4. Switch hands and try again.
5. Wiggle your fingers and try again.