

# Sanser, bevægelse og balance

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# Sanser <sup>bi</sup>

llede lokaliseret d. 21-4-22 på <https://skiltedesign.dk/shop-institutioner/75-laeringstavler/930-5-sanser/>

- Hvorfor sanse?

## DE 5 SANSER

### Føle



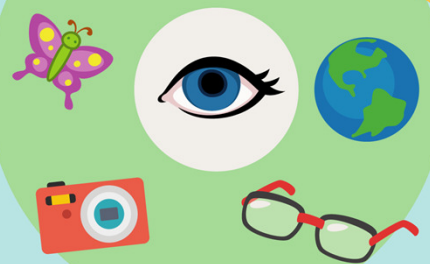
### Høre



### Lugte



### Se



### Smage



# Sanser til bevægelse og balance

- Syn

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- Føle/tactil
- Vestibulær sansen
- Ledstillingsansen/proprioception
- (Høre, lugte, smage - orientering)

# Hvad er balance?

Foto lokaliseret d. 6.-4.-22 på <https://appliedleanconsulting.com/lean-and-agile/>



# Mange definitioner

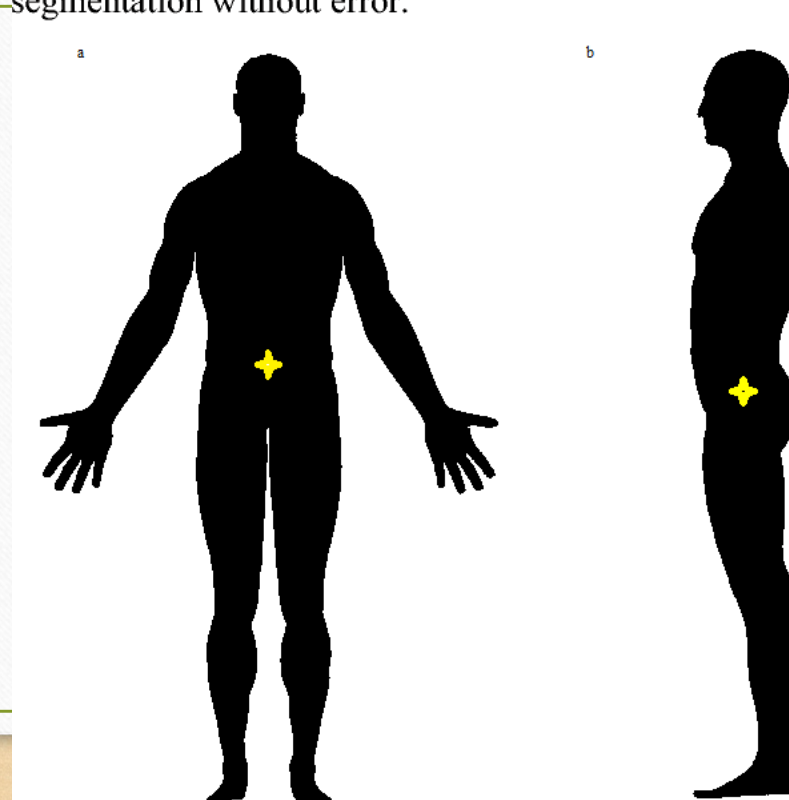
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- A) Koordination
- B) Kontrollere sit massemidtpunkt i forhold til understøttelsesfladen

# Massemidtpunkt

foto lokaliseret 17-4-22 på [https://en.wikipedia.org/wiki/Center\\_of\\_mass](https://en.wikipedia.org/wiki/Center_of_mass) og <https://www.semanticscholar.org/paper/Real-time-estimation-and-tracking-of-human-body-of-Bakhtiari-Bahrani/aea2db865d9e01742502d15ec82204aa566e8e09>

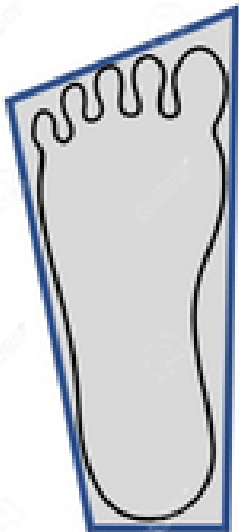
segmentation without error.



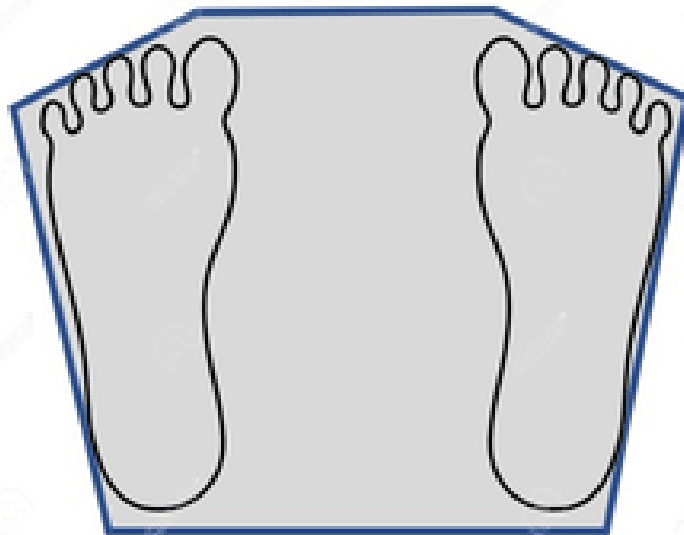
# Understøttelsesflade

billede lokaliseret d. 17.-4.-22. på [https://www.researchgate.net/figure/Changes-in-base-of-support-as-an-individual-moves-from-A-standing-on-one-leg-to-B\\_fig1\\_335363369](https://www.researchgate.net/figure/Changes-in-base-of-support-as-an-individual-moves-from-A-standing-on-one-leg-to-B_fig1_335363369)

(A)



(B)

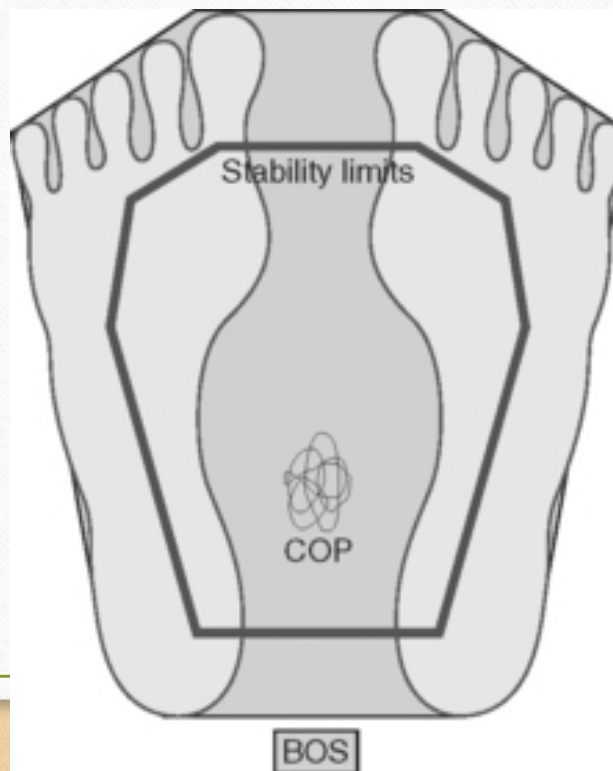


(C)



# Samme understøttelsesflade forskellig balance!?

Billedet lokaliseret d. 17-4-22 på <https://musculoskeletalkey.com/good-posture-and-how-it-can-be-achieved/>





Hvad i personen bestemmer  
den reelle balance grænse?

# Bevægelser til daglig og altid

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- Omgivelser
- Opgave
- Individ

A Venn diagram consisting of three overlapping circles. The top circle is labeled 'opgave', the bottom-left circle is labeled 'individ', and the bottom-right circle is labeled 'omgivelser'. The circles overlap in the center and at the intersections between pairs of circles. The diagram is set against a white background with a thin green border, which is itself on a light brown wooden surface. Two black horizontal bars are visible on the left and right sides of the white area.

opgave

individ

omgivelser

# Opgaver til daglig?

Foto lokaliseret d. 6.-4.-22 på <https://nyheder.okologi.dk/mad-og-marked/lidl-scorer-hatrick-i-taenks-pristjek>



# Omgivelser

Foto lokaliseret d. 6.-4.-22 på [https://da.m.wikipedia.org/wiki/Fil:Baneg%C3%A5rdspladsen\\_Aarhus\\_med\\_Hovedbaneg%C3%A5rden.\\_Maj\\_2019.jpg](https://da.m.wikipedia.org/wiki/Fil:Baneg%C3%A5rdspladsen_Aarhus_med_Hovedbaneg%C3%A5rden._Maj_2019.jpg)



# Individ

Foto lokaliseret d. 6.-4.-22 på <https://pixers.dk/klistermaerker/kinesisk-gammel-person-med-skarv-til-fiskeri-54392016>



# Individ

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- Muskelskelet systemet
- Sensoriske systemer
- Kognition

# Muskel Skelet system

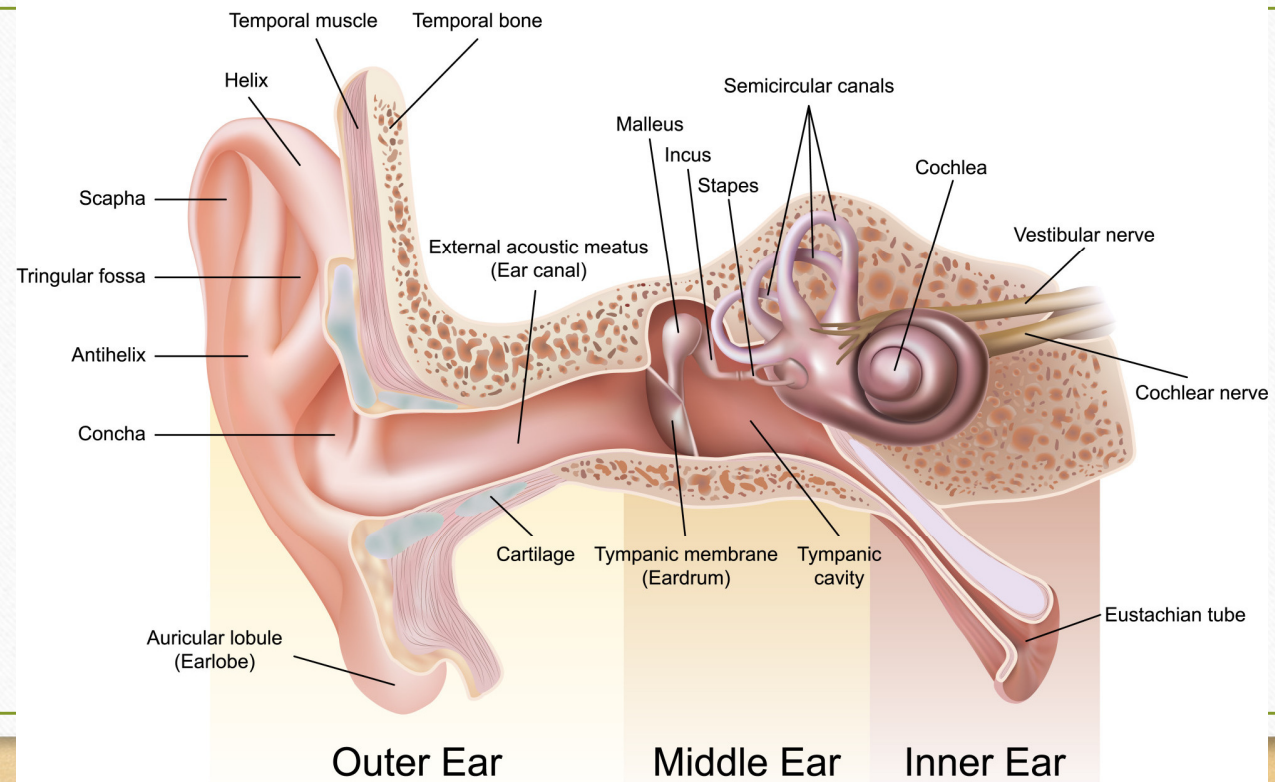
billede lokaliseret 21-4-22 på <https://free3d.com/sv/3d-model/anatomy-male-muscular-system-rigged-2150.html>





# Sensoriske system

billede lokaliseret d 21-4-22 på [https://trpphysio.com.au/2016/03/06/what-is-vestibular-physiotherapy/?doing\\_wp\\_cron=1650538900.9009199142456054687500](https://trpphysio.com.au/2016/03/06/what-is-vestibular-physiotherapy/?doing_wp_cron=1650538900.9009199142456054687500)



# Kognition

billede lokaliseret d 22-4-22 på <https://dk.scientificbraintrainingpro.eu/kognition>



# Use it or lose it

foto lokaliseret d 17-4-22 på <https://s-form.dk/use-it-or-lose-it/>



**“AS YOU GROW OLDER,  
IF YOU DON'T MOVE,  
YOU WON'T MOVE.”**

Yvonne Dowlen,  
88-year-old figure skater

