

Proprioceptor Training

X V N K J L W N Z H T B O N V J J U J Q G I G E
S C L Z N I A R P S E L K N A H O Y O B P O W Z
C X S E N S O R Y N E R V O U S S Y S T E M B D
L B J H E X Z O F A T Y H C W C O O X N I M M H
P X B O D Y V H S B G W C O M Y C W I L L V F J
R V L W N R T S E D Q B B Q Q U M A B Z O J T K
N M E S S A G E S T B B I K S N R Y S V P X N M
L B L R V V L P G K L P U T A B P Z T H K Q P E
C Q C U P O M M O E U K P T M X G I F I N U G L
P T R T R C D G B A N L U Q L F B G O Q L X Y T
F I O T O G O O N Q V R I N J U R E D J O I N T
W L N U A M A N H Y A N D W J T N B P G D A K E
D O L D G R V C N L C H J F T W R E V K R U I D
C S P Z D O Q J B E E T I Q X L C X Z Q A C R V
Z E L M Z U W A J A C V Y W S L J B G K G H H E
K U A G E T L P H O Z T L X V Y Z T I L H L B S
K S A T P A S R M M R E I J S P C O B X U R U U
M S Y F N P B S C S H L M O H P W W U K Z O I J
F I K C W K E V O F D G F T N V P D Z P I E P O
O T E A Z C J W C D J M U P E H X C Z C E H G Q
K T Y F I G X Y L V M S C J I R L B S K E D G D
W F A B W S U B C O N S C I O U S N W U F P U E
O O M Y K I B S E L C S U M N B O J R T I V L F
H S H Q P I C W B U H J M M N C Y N J R L O J H

Sensory Nervous System

Natural Balance

Injured Joint

Ankle Sprain

Soft Tissues

Subconscious

Wobble Board

Connection

Conscious

Messages

Control

Muscles

Brain

Body