



Information on co-ordination of movement



Coordinated movements are smooth and purposeful. All tasks are made up of many different actions. We have to coordinate many different actions in order to carry out a task.

For example, picking up a glass of water:

Firstly, we see the glass and the message is passed from the eyes to the brain. We know how far away the glass is and roughly how heavy it is.

We then move our arm slowly towards the glass. All the time, our brain is correcting the movement making it smooth and accurate. The brain receives information from skin, joints and muscles and processes this information to make necessary corrections.

AFTER A BRAIN INJURY

Any problems with muscles and vision can affect co-ordination. Direct damage to the area of brain controlling co-ordination (the cerebellum) or to the sensory system (muscles, joints and skin) can cause problems. If smooth movement is lost and replaced with jerky, unco-ordinated activity this is known as **ataxia**.

When your co-ordination is affected, balance can also be difficult and you may have problems sitting and standing without help.

What you can do

Your physiotherapist and occupational therapist will show you how to move safely and how to reduce the effects of jerky movements.

What others can do

It is important to speak to the nursing staff, physiotherapist or occupational therapist before trying to help your relative to move; the jerky movements can easily cause falls. It may also be useful to attend therapy sessions and to practise, so ask if you can do this.

Where to get more information

If you require more information ask your physiotherapist or occupational therapist.