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# The Visual System

& Why Vision  
Matters

**Your eyes do far more than help you see**  
they're deeply tied to balance, posture, performance, and safety.

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respecting the  
hard work for the  
author**

# Medical Disclaimer

**Consult with a clinician in your care**

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# What is the Visual System?

The visual system is an incredibly complex, high-survival-need network that depends on muscular and reflexive activity. It's not just about clarity of sight — it's about how well your eyes, brain, and body work together.

Every movement of your eyes requires precise coordination of multiple cranial nerves (Optic CN II, Oculomotor CN III, Trochlear CN IV, and Abducens CN VI). These nerves help you track, focus, stabilize your gaze, and process visual input in milliseconds.

Missy Bunch calls the visual system the “most dominant sensory system,” because it shapes how your brain predicts safety in the environment. Z-Health emphasizes that training vision can profoundly influence movement, performance, and pain. In modern life — filled with screens, rapid visual input, and constant sensory load — our eyes are overworked but undertrained. Like any other muscle or reflex, your visual system needs consistent practice to stay efficient.

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# Why Vision is So Important

Your vision doesn't just tell you what's in front of you; it tells your brain where you are in space and how safe you are there.



**Posture & Stability** → The visual system controls the majority of postural activities. It works hand-in-hand with your vestibular (inner-ear balance) and proprioceptive (body-awareness) systems. When these three are tested individually, studies show that vision contributes the most to balance — even more than the other two combined.



**Depth & Peripheral Awareness** → Vision includes not just clarity, but also depth perception (judging distance) and peripheral awareness (detecting movement and spatial orientation). These abilities are crucial for reaction time, coordination, and athletic performance.



**Survival & Nervous System Regulation** → Your eyes continuously scan for safety or threat. Accurate visual input helps the brain calm down, lowering threat signals and allowing for better movement, breathing, and balance.



**Longevity & Functional Health** → A study in the [British Journal of Sports Medicine](#) found that people who couldn't stand on one leg for 10 seconds had nearly twice the risk of premature death as those who could. That's how closely balance — and therefore, vision — links to overall health and lifespan.

## Signs Your Visual System Needs Support

Neck tension or head-forward posture.

Dizziness, imbalance, or motion sensitivity.

Blurry vision when moving your head or eyes.

Difficulty tracking objects, reading, or focusing for long periods.

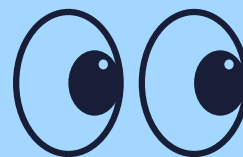
Fatigue, headaches, or brain fog after screen time.

# Easy Ways to Train the Visual System



## Eye Movement Drills

Smooth pursuits involve staring at a pen at arm's length while moving side to side, up and down. Keeping your head still, but following with your eyes. Or pen push ups



## Vision + Movement Integration

Combine head, neck, or body motion with visual tracking — such as moving your head side-to-side while following a target. This mimics real-world demands and trains your brain to integrate sensory inputs.



## Peripheral Awareness Games

Hold your thumbs out to your sides and wiggle your fingers while keeping your eyes straight ahead. Notice how far out you can detect motion without turning your head. Expanding peripheral awareness improves balance and reaction time.



## Visual Balance Test

Try balancing on one leg for 10 seconds with eyes open, then closed. Notice how removing visual input challenges your balance — a reminder of how vital vision is to postural control.

## Disclaimer

It is ultimately recommend to see a professional that can assess if these exercises will work for you and your nervous system. Please consult with a clinician in your care or [book a session with me!](#)

## Putting it Together

Vision is your body's primary safety system. It guides your movement, posture, and sense of orientation in space. Training your visual system — just like you'd train a muscle — can improve balance, reduce pain, and enhance how safe and grounded you feel in your body.

# Research Spotlight

## Visual Feedback With or Without Impairment

**PMC,**  
**2013**

This study found that visual feedback influences balance in people with and without visual impairment.

## Visual Control & Posture

**ScienceDirect,**  
**2019**

Provides a framework for how vision improves stability by modulating sensory-driven postural loops.

## Visual Stimuli, Stability and Postural Control

**Frontiers,**  
**2018**

Investigates how different visual conditions (including VR scenes) affect postural sway and neuromuscular responses.

## Visual Input, Balance Training & Sensory Integration

**Nature,**  
**2014**

Shows that manipulating visual input during balance training enhances sensory integration and performance.

## Vision in Older Adults

**PLOS,**  
**2014**

Suggests older adults rely heavily on vision to maintain posture, even when visual feedback is delayed.

## Postural Stability in People with Visual Impairment

**Wiley,**  
**2019**

Assesses how visual impairment affects center of gravity velocity and postural stability compared with sighted people.

**Ready to put  
your vision  
to the test?**

**Book a virtual session or  
in-person session in  
Tempe, AZ to get one on  
one personal guidance.**

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# About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Nutritional Therapist, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My journey into the world of physical therapy began with a deep fascination for the brain and nervous system—the way these intricate networks quietly orchestrate everything we do without our conscious awareness. It was always second nature to me, this understanding of how our bodies move, heal, and adapt. The nervous system just made sense.

Throughout my career, I dedicated myself to neurorehabilitation. I spent countless hours helping patients recover from life-altering events like strokes, traumatic brain injuries (concussions), and spinal cord injuries. These experiences were as challenging as they were rewarding, and they fueled my determination to help people regain not just their movement, but their independence, confidence, and quality of life.



Over time, I began to see a critical connection: true healing wasn't just about addressing muscles and joints—it was about working with the nervous system itself. Pain, stress, anxiety, depression and dysfunction often have deeper roots in how the brain and body communicate. I realized that by targeting pain at its neurological source, I could help people experience deeper, lasting relief.

This revelation led me to immerse myself in perfecting hands-on techniques like neurokinetic therapy (NKT), vagus nerve regulation, dry needling, and myofascial release. I crafted a practice centered on holistic, root-cause healing that not only reduces pain and dysfunction but helps my clients feel more at ease in their bodies.

## Let's Release Your Body's Own Healing Potential



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# About Releaseology

At Releaseology, my mission is simple: to help you uncover the root cause of your pain, stress, or dysfunction—and give you the tools to finally release it. Unlike many traditional clinicians who focus only on the obvious symptoms, I take a deeper, more investigative approach. I look for the overlooked patterns, the hidden dysfunctions, and the subtle compensations that others might miss. This is where true, lasting change begins. **And yes, these hands on techniques have been used to help clients with anxiety, stress, depression and more.**

## Why Releaseology Is Different

- Root-Cause Focused: I don't just treat where it hurts. I explore the nervous system, movement patterns, and compensations that are often ignored.
- Hands-On Techniques: From neurokinetic therapy and dry needling to cupping and fascial release, every session is tailored to you.
- Rapid Results, Real Change: My goal isn't to keep you coming back forever—it's to help you improve as quickly as possible while still making sustainable, long-term progress.

## In-Person or Virtual Options

I offer in-person services in Tempe, Arizona, as well as highly curated virtual services. And here's something you should know about me: ***I don't do anything halfway.***



During COVID, insurance companies required that telehealth sessions be certified as “just as effective” as in-person care. At that time, I refused to offer virtual sessions because the tools I used then were most effective in person. I couldn't, in good conscience, promise the same results virtually. But today? That's different. The virtual services I now provide have been carefully designed and tested to be just as effective and valuable as my in-person care. When you book a virtual session, rest assured—it's because I know it will work.

**Why This Matters?** Whether you're here in Arizona or connecting with me virtually, you'll get the same level of detail, dedication, and results-driven care. I only offer what I know can help you feel and move better.

Ready to see the difference? Book with me [here](#)

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