

## Motor Development Reflection #02, Wednesday Sept 6, 2017, Gryphon A Phoenix

Eyesight shows you where you are going. It helps you see where you are walking, and depending on what you see in front of you, images are sent to your brain, that in turn sends messages via descending pathway from brain out to your legs and feet. Descending pathway messages to the legs and feet help you to maneuver through your surroundings safely. In the middle of the night when I attempted to get a drink of water from the fridge my vision was obstructed because all of the lights were out. I used kinesthetic memory to remember how it felt to walk through the living room pathway and around the corner into the dining room. This method of memory helped me walk slowly foot in front of foot to avoid injury while walking in around the dining corner to the fridge. I successfully avoided colliding with furniture.

When I first came to Humboldt County, I traveled long distance from southern California on Amtrak Bus and Train, in a Surgical Recovery Boot on my left foot. Wearing the boot affected my ability to walk, both the speed of how I walked and it directly affected the alignment of my spine. My body sensed the surgical boot being in-between the flesh of my left foot and the ground. I sensed the restriction of the boot and my body was sending afferent messages in the ascending pathway from my left foot upward. Proprioception and interoception both came into play with movement and stretching of the joints and muscles in the left side of my body. The surgery on my left foot had just been completed in July of that year, and experiencing nociception was a regular occurrence during that first August at the university here. Sensing nociception happening made me realize the pain and soreness in the left foot and left side of my body- which in turn made me take lots of breaks from walking up hills. My vestibular system has been detecting leaning too far to the right frequently since the foot surgery, as I have been mentally compensating for long periods of non-use of the foot. Mentally compensating also led to me favoring and babying the left side of my body.

I deal with peripheral and central vision, on a regular basis. Actively participating with HSU's Archery program, my peripheral vision is always in use. While shooting arrows, there are always other archers on both sides of me at the line, and the visual cues of seeing arrows flying down range from the other archers, tell me to not move left, right, or down field, for my personal

safety. Central vision is primarily for focus on the target I am shooting at, and helps with my aim.