

## Recalibrating Your Brain's Relationship with Gravity

Traditional therapies often treat balance and movement issues by addressing symptoms in isolation. At our clinic, we recognize that your ability to move, think, and heal depends on one fundamental foundation: your relationship with gravity.

Omega Functional Health takes a brain-based approach designed to assess and optimize the integration of three primary neurological systems, known as "**The Big 3**":

**01 The Vestibular System:** Your "internal GPS" in the inner ear that detects gravity and head motion.

**02 The Visual System:** The images, colors, lights, and movements that your eyes perceive to assist in body position and orientation.

**03 The Somatosensory System:** Receptors in your muscles and joints that "feel" your body's position and tell your brain where you are.

# How We Are Different

Conventional vestibular therapy often focuses on dynamic movements—getting you moving right away with tracking exercises, balance drills and putting your head off the table. We believe you must first re-establish static stability. If your brain's internal "compass" is off by even two degrees, it triggers constant sympathetic stress, affecting your entire body, decreasing your healing potential.

01

**Simultaneous Calibration:** What sets us apart is the simultaneous activation of all three essential systems. We don't just exercise your eyes, your inner ears or your balance separately; we calibrate them together to create rehabilitative changes that are faster and last longer.

02

**Advanced Neural Mapping:** We use precise tools to find the specific "weak" receptors, underactive or overactive vestibular components:



**Eye Movement Testing:** Videonystagmography (VNG) testing can identify repetitive drifting patterns or fast eye movement intrusions that can interfere with your ability to respond to gravity appropriately, see your environment accurately, and feel your body correctly.



**Advanced Posturography Testing:** Using a highly calibrated force plate we measure how well you can maintain your balance in various positions.



**Velocity Storage Testing:** Measuring what your brain's perception of movement is to ensure your "internal compass" of the world is accurate.



**Auditory Motor Synchronization Testing:** This test is done by seeing how well you can tap on beat. If you have difficulty with this, it can indicate challenges with timing motor control or cognitive processing issues.

## Resetting the Autonomic System: "Rest and Heal"

Dysregulation of the "Big 3" often locks the body into a state of "Fight or Flight" (Sympathetic Stress). Our protocols focus on recalibrating all 3 systems allowing your body to naturally unlock from the Chronic Stress state and access the Parasympathetic Nervous System to promote resting, recovery, and healing. **We accomplish this in a few different ways:**

01

**Brain Specific Exercises:** Each person's brain is unique, which requires specific exercises custom to that person. An exercise that is good for one person may be detrimental to another which is why we custom build each therapy set unique to you.

02

**Body Schema Training:** Using weighted compression headbands and head-mounted laser feedback to update the brain's non-conscious "map" of your posture.

03

**Vagus Nerve Stimulation:** Utilizing cutting edge tools like Pulsed Radio Frequency or Vibrational Vagus Nerve Entrainment to engage the body's primary healing nerve.

04

**Tonic Balancing:** Reducing hypertonic (overly tight) muscle chains by balancing the vestibular system's influence on postural tone.

# Pediatric Signs to Watch For

Because the vestibular system is the first to develop in the womb, its health is critical for childhood development. **Signs of potential dysfunction in children include:**

- **Physical Milestones:** Frequent falls, clumsiness, or delayed motor milestones like late crawling or walking.
- **Avoidance of Play:** A dislike of swings, slides, or spinning activities.
- **Learning Difficulties:** Difficulty reading (skipping words or losing place), poor concentration, and challenges with handwriting.
- **Motion Sickness:** Frequent car sickness or nausea on playground rides.
- **Anxiety:** Fear of heights or being off the ground.



## Red-Flag Checklist

If you experience any of the following, seek immediate assessment:



**Sudden Changes to your vision or Double Vision**



**Difficulty swallowing**



**Difficulty speaking, slurred speech or trouble forming words**



**Suddenly falling to the ground without losing consciousness**



**A sudden, severe headache combined with dizziness**

# The 4-Phase Recovery Roadmap

01

## Phase 1: Stabilization

Reset static tonic discharge and reduce sympathetic "fight or flight" stress.

02

## Phase 2: Recalibration

Simultaneous Vestibular, Visual, Somatosensory training to update the Body Schema.

03

## Phase 3: Integration

Dynamic VOR maneuvers and coordination stepping to metronome timing to lock in positive changes.

04

## Phase 4: Performance

Advanced proprioceptive mapping and autonomic resilience training for long-term stability.

## Home Exercise Framework

- 01 Advanced Diagnostics & Prescription:** We utilize advanced testing to pinpoint specific deficits and map out a targeted prescription of vestibular "brain exercises."
- 02 Patient Portal & Education:** You are granted access to a custom online portal featuring clear, step-by-step video demonstrations of their exact exercises for convenience and clarity.
- 03 Home Execution:** You perform the daily routines at home using the video guides to ensure confidence and maximize compliance.
- 04 Quality Control Check-Ins:** We conduct periodic follow-ups to verify the exercises are being performed with the correct technique and adjust the prescription as you heal.

## Questions for Your First Assessment

Many of our patients come into our office struggling for months to years and have been to numerous other doctors and have not found the help they were looking for. Our goal in our care is to find the hidden neurological issues that are keeping you from living at your best; help you correct those challenges so you can finally get back to a life you love.

[Schedule a Complimentary Consultation Here](#)

