

# Proprioception

**Proprioception** is a term for deep sensitivity. It is formed by the mechanoreceptors of the Golgi bodies and the muscle spindle.

It is the ability of the nervous system to register changes occurring in the muscles and inside the body through movement and muscle activity (volition). Proprioception is necessary for proper coordination of movement, muscle tone, course of some reflexes, registration of changes in body position, etc. Impulses are conducted from the proprioceptors and connected in the spinal cord, then they lead through the posterior cords. The projection is to the cerebellum, thalamus, subcortical areas.

The translation of the word literally means feeling from one's own body: lat. proprius own; -ception.

## Links

### Related Articles

- Posterior spinal cord syndrome
- Traumatic spinal cord syndromes

### References

- VOKURKA, Martin – HUGO, Jan. *Velký lékařský slovník*. 9. edition. Maxdorf, 2009. 1159 pp. ISBN 978-80-7345-202-5.
- NEVŠÍMALOVÁ, Soňa – RŮŽIČKA, Evžen – TICHÝ, Jiří. *Neurologie*. 1. edition. Galén, 2002. 0 pp. ISBN 80-7262-160-2.