

# Has life has gotten you off balance?

## We offer a Balance / Fall Prevention Program

You may not think about balance on a daily basis; however balance control is an integral part of everyday life. Getting out of a car, walking, bending over to put on your shoes, washing your hair, driving or going grocery shopping all require good balance control.

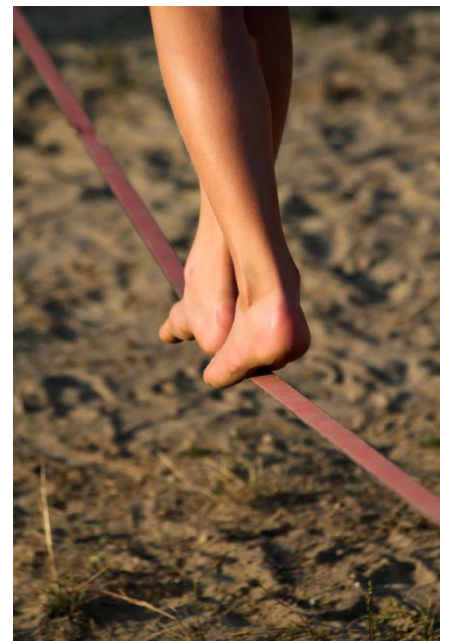
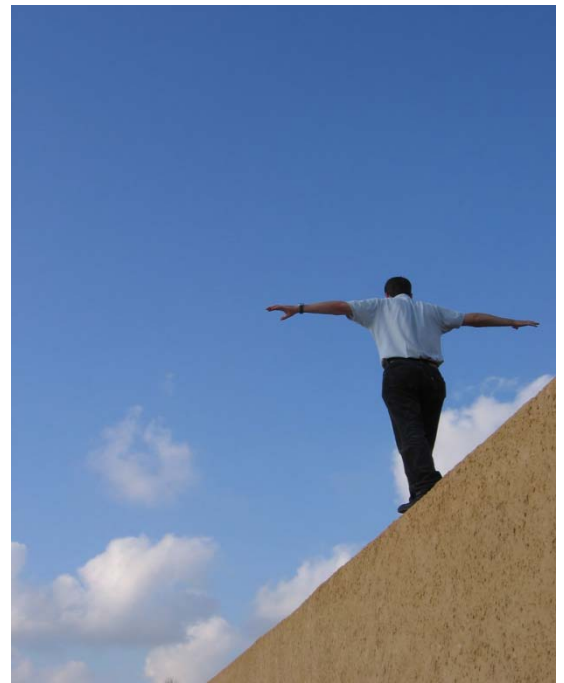
At least half of the population in the United States will experience balance problems at some point in their lives, especially as they get older. In addition to an increased risk of falls, balance dysfunctions and dizziness cause profound disruptions in your daily life. People with balance and dizziness problems can have difficulty with even simplest of tasks.

The good news is Physical Therapists are experts who are specifically trained in the evaluation and treatment of human movement and balance dysfunctions. We care for a variety of muscle, joint, and nervous system disorders that can affect your balance and implement effective treatment plans for individuals who experience balance problems or dizziness.

## Are You Headed For A Fall?

### Risk Factors Associated with Falls:

- Dizziness or unsteadiness
- Older Age
- Vision Problems
- A history of falls
- Recent period of bed rest or inactivity
- Loss of strength or feeling in the legs or feet
- Loss of confidence in your ability to get around
- Taking one or more medications that list dizziness as a possible side effect
- Environmental factors including rugs, dim lighting or shelves that are too high
- Inability to stand on one leg for at least five seconds
- Medical Conditions such as stroke, diabetes, arthritis, walking problems, fear of falling
- Vestibular / Inner-ear problems or BPPV.



# The Balance Control Process

Loss of balance and mobility, as well as dizziness, is not inevitable as we grow older. Our ability to maintain balance is a complex process, dependent on three major components:

- The sensory system, for accurate information about your body's position relative to your environment.
- The brain's ability to process this information.
- The muscles and joints, for coordination of movements to maintain balance.

## Identifying & Treating Balance Disorders

### Getting Help

If you have experienced a fall, feel unsteady on your feet, have dizziness, or have other reason to believe you might have a balance problem, you should talk to your doctor. While your family physician may not be a balance specialist if needed, he or she can refer you to a qualified medical professional that is equipped to do a complete balance assessment to determine the underlying cause(s) of your problem. Once the problem has been evaluated and you need Physical Therapy your doctor can refer you to our office.

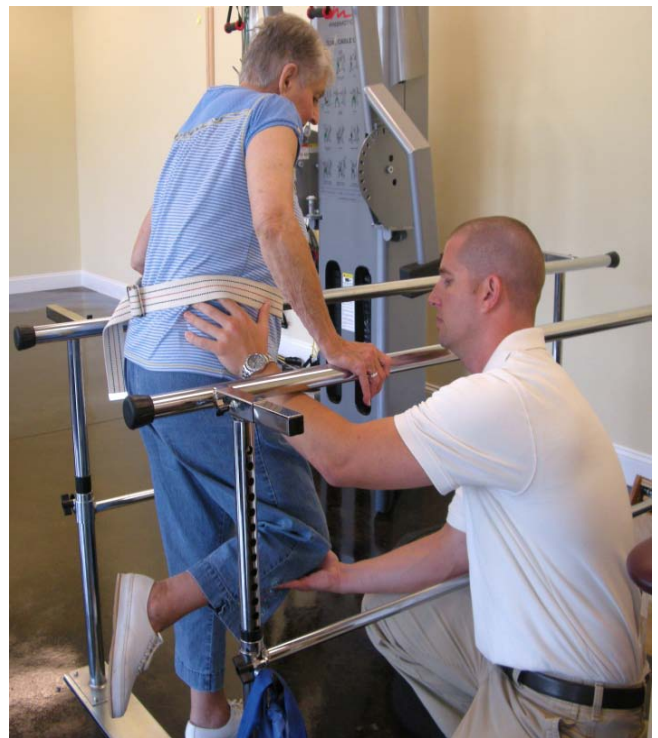
Professional Rehabilitation Services has **Certified Physical Therapists** that are specifically trained in Vestibular Rehabilitation Therapy.

**Your Vestibular Physical Therapist** will perform an initial evaluation and perform specific tests to determine your ability to maintain your balance, as well as your risks for falling, which will include:

1. Your Medical History
2. Your strength / flexibility
3. Your balance / posture
4. Your fall risk

**A customized Balance Program is then designed by your Physical Therapist which may include:**

- An initial evaluation
- Balance Exercises



- Strengthening Exercises
- Flexibility Exercises
- Coordination Exercises
- Walking Exercises
- BPPV treatment
- KoreBalance™ Treatment – This state of the art computerized balance and exercise system offers the latest in virtual and interactive technology providing a high-tech way for balance assessment and training. For more information about KoreBalance™, [click here](#).



During your treatment your Physical Therapist may refer you to another health care professional such as a neurologist, or your general practitioner if we notice anything that is beyond the scope of our practice. Treatment will vary you may require one or two visits, or an extended treatment plan over several weeks or months.

## Free Consultation

Call for a [Free 15 Minute Consultation](#) with a Physical Therapist to see if we can help you risk falling today!



## Download our Referral

Download our [Referral](#) and let your physician know we are **your choice** for getting you back on balance.

## Balance Self Test

If you think you may have a balance disorder or headed for a fall [take our balance test](#). If you are suffering from one or more of these factors and answer "yes" to any of the questions in the balance questionnaire, you could be at risk for a fall or balance disorder and will need to be evaluated.