

## Are you at Risk for Falls?

### FALL RISK FACTORS:

- ✧ History of previous falls within the last year
- ✧ Changes in strength & coordination
- ✧ Changes in vision & hearing
- ✧ Dizziness/vertigo & other disorders of the vestibular system
- ✧ Slowed reaction time
- ✧ Cognitive impairment
- ✧ Multiple medications (four or more)
- ✧ Decreased sensation in the feet (neuropathy)
- ✧ Fear of falling
- ✧ Recent hospitalization or illness
- ✧ Low blood pressure
- ✧ Incontinence
- ✧ Environmental hazards
- ✧ Uncontrolled irregular heartbeat

**Falls are not a normal part of aging and are preventable!**

## Balance Rehabilitation Services Offered in a State-of-the-Art Facility

Provided by **vestibular therapists** and a team of licensed physical therapists with advanced training in vestibular rehabilitation.

- ✧ Balance assessment & testing
- ✧ Balance retraining
- ✧ Special vestibular maneuvers
- ✧ Eye/Head exercise
- ✧ Compensation strategies
- ✧ Customized home exercise program
- ✧ Recommendations for home modifications

## Vestibular and Balance Rehabilitation Programs



  
MACOMB  
**CLINTON TOWNSHIP**  
37055 South Gratiot  
Clinton Twp., MI 48036  
(586) 783-9581

[mclaren.org/macomb](http://mclaren.org/macomb)

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## Common Diagnoses Treated

- ✦ Dizziness
- ✦ Vertigo
- ✦ Difficulty walking
- ✦ BPPV – Benign Paroxysmal Positional Vertigo
- ✦ Vestibular Hypofunction
- ✦ Vestibular Labrythitis or Neuritis

## Other Diagnoses that may contribute to Balance Deficits

- ✦ Peripheral Neuropathy
- ✦ Stroke
- ✦ Multiple Sclerosis
- ✦ Parkinsons
- ✦ Arthritis
- ✦ Diabetes
- ✦ Heart disease

## Do You have a Vestibular Problem?

- ✦ Does looking up make you dizzy?
- ✦ Do you have difficulty reading?
- ✦ Do quick movements of your head increase your problem?
- ✦ Does bending over increase your problem?
- ✦ Do you have difficulty getting into or out of bed?
- ✦ Does turning over in bed increase your problem?
- ✦ Is it difficult to walk by yourself?
- ✦ Does walking down the aisle of a supermarket increase your problem?
- ✦ Do you avoid heights?
- ✦ Is it difficult for you to walk around your house in the dark?

If the answer to any of these is yes or sometimes, you should talk to your healthcare provider about the benefits of Vestibular Physical Therapy.

*Source: Dizziness Handicap Inventory*

**The good news is that most dizziness and balance disorders can be successfully treated.**



Patient obtains relief from dizziness using a vestibular repositioning maneuver.



Balance retraining customized to individual patient needs.

## How does the Balance System Work?

Good balance depends on the integration of the following three systems:

1. Visual System: your eyes give you information about the world around you.
2. Proprioception System: special sensors in your body that tell your brain where your body is in space.
3. Vestibular System: a system of canals located deep in both ears (about the size of your thumbnail) with fluid and special hair cells that detect movement of your head in space.

Your brain processes information from all three systems to help maintain your balance.

