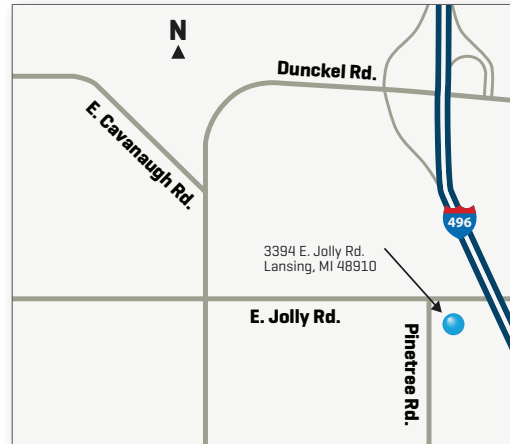


## TAKE THE BALANCE TEST

- Are you over age 65?
- Have you fallen in the past year?
- Are you afraid of falling?
- Do you have numbness or loss of sensation in your feet?
- Have you had a stroke or other neurological problem that has affected your balance?
- Do you have problems with your vision?
- Do you experience difficulty getting around due to weakness or imbalance?
- Do you need a cane or walker for safety?
- Do you take more than four medications?
- Do you take Antivert or Meclizine?
- Do you feel dizzy or unsteady if you move suddenly or if you turn over at night?
- Do you have anxiety or confusion, or feel depressed?

If you answered “yes” to three or more of these questions, you may be at risk for a fall.



3394 E. Jolly Rd. Suite B (Lower Level)  
Lansing, MI 48910  
Phone (517) 975-3520  
Fax (517) 975-3525

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



GREATER LANSING

DOING WHAT'S BEST.



VESTIBULAR  
AND BALANCE  
REHABILITATION  
SERVICES



DOING WHAT'S BEST.

## COMPONENTS OF BALANCE

For normal balance we need to have good vision, strong muscles, flexible joints, and good vestibular (inner ear) function.

If any of these are not working properly, you may be at an increased risk for falling.

## REHABILITATION

The physical therapist will perform a comprehensive evaluation to determine which component of balance is compromised.

Evaluation procedures include:

- Extensive interview regarding symptoms, frequency, chief complaint, and functional status
- Neuromusculoskeletal examination, including muscle strength, range of motion, sensation, posture, balance and muscle tone
- Oculomotor exam including Vestibulo-Ocular Reflex (VOR) assessment
- Positioning exam (Dix-Hallpike, Motion Sensitivity Quotient)
- Balance/postural control evaluation using functional outcome-based measures

## WHAT CAN PHYSICAL THERAPY DO?

- Decrease feeling of vertigo/dizziness
- Improve balance/postural control
- Improve gaze stabilization
- Improve overall endurance
- Improve muscle strength
- Decrease risk and fear of falling
- Teach proper use of assistive devices (cane, walker, etc.)
- Increase flexibility
- Increase independence

## INDIVIDUALIZED TREATMENT PROGRAMS MAY INCLUDE:

- Education
- Home exercise program
- Exercises (strengthening, conditioning, balance)
- Pertinent functional activities
- Repositioning maneuvers
- Habituation/adaptation
- Eye exercises

## COMMON DIAGNOSES TREATED:

- Dizziness
- Vertigo
- Difficulty walking
- BPPV—Benign Paroxysmal Positional Vertigo
- Vestibular Hypofunction
- Vestibular Labyrinthitis or Neuritis

## OTHER DIAGNOSES THAT MAY CONTRIBUTE TO BALANCE DEFICITS:

- Peripheral Neuropathy
- Stroke
- Multiple Sclerosis
- Parkinson's
- Arthritis
- Diabetes
- Heart Disease



## FREE FALL AND BALANCE ASSESSMENTS

If you experience loss of balance or frequent falls, or feel you may be at risk for either, call us to schedule a free assessment.

Free screenings and assessments are offered to determine whether physical or occupational therapy is appropriate for your condition.