



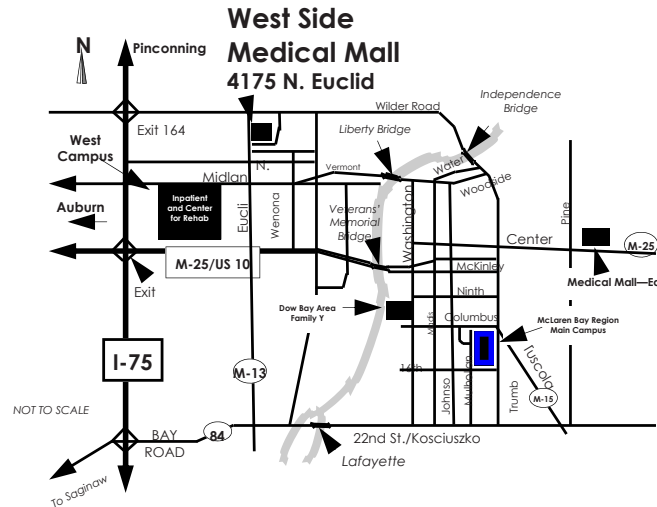
Take the Balance Test

- Are you over age 65?
- Have you fallen in the past year, or 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, or need a cane or walker for safety?
- Do you take more than 4 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, confusion or feel depressed?

If you answered "Yes" to 3 or more of these questions, you may be at risk for a fall.

Information and Referrals

McLaren Bay Region
West Side Medical Mall



REHABILITATION THERAPY LOCATIONS

West Side Medical Mall

Physical Therapy
4175 N. Euclid
Bay City, MI 48706
(989) 667-3646
(989) 667-3637 fax

East Side Medical Mall

Physical Therapy Center
1454 West Center Rd.
(at Pine)
Essexville, MI 48732
(989) 895-4640
(989) 895-4641 fax

Center for Rehabilitation

West Campus

3190 E. Midland Rd.
Bay City, MI 48706
(989) 667-6600
(989) 667-6610 fax

Auburn Rehab. Center

312 Midland Rd.
Auburn, MI 48611
(989) 662-6387
(989) 662-6409 fax

Pinconning Physical Therapy

4293 N. Huron Rd. Suite 2
Pinconning, MI 48650
(989) 879-5500
(989) 879-5395 fax

Riverview Physical Therapy

Dow Bay Area Family Y
225 Washington
Bay City, MI 48708
(989) 895-4340
(989) 895-4338 fax



B-27 (2013)

Center of Excellence for Balance and Mobility

Keeping You on Your Feet!



One in three adults aged 65 or older will fall each year. A fall can drastically change your quality of life. Balance is the key to your independence. WE CAN HELP!



BAY REGION

mclaren.org/bayregionrehab

Components of Balance

For normal balance we need to have good vision, strong muscles, flexible joints, and good vestibular function (inner ear function). If any of these are not working properly, you may be at 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 basic eye movement and Vestibulo-Ocular Reflex testing (VOR) assessment.
- Positioning exam (Dix-Hallpike, Motion Sensitivity Quotient)
- Balance/Postural control evaluation, using functional outcome-based measures
- Computer posturography exam

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, walkers, etc.)
- Increase flexibility
- Increase independence

Individualized Treatment Programs May Include:

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

