



Rehabilitation for Balance Conditions

(Inpatient and Outpatient)

Have you ever felt Dizzy?

...after bending down to tie your shoe or felt the room was spinning after getting clothes out of the dryer? If these and similar occurrences happen often, it could signal a balance issue caused by malfunctions of the inner ear or brain. It's important to have a potential balance disorder diagnosed by your physician and treated by a therapist. Balance disorders are complex and caused by many health conditions and medications, it may involve the following systems:

- The eyes and how they connect messages to the brain
- Inner Ear
- Specific parts of the brain
- Sensors in the joints that relay to the brain

What you can expect from therapy?

I am sure you are aware of the importance of balance and as you come to understand how an evaluation from a trained therapist can help determine the exercises that are very specific for your improvement, you will benefit not just in the near future, but even more with guided practice.

Naturally, these exercises are designed to help retrain the brain to recognize and reprocess signals from your eyes, ears and body. You will be able to coordinate and organize these signals as you integrate all your balance systems into one that will give you improved comfort with:

- Going up and down steps
- Turning your head when walking and moving
- Tracking an object with your eyes
- Movement with transitions and turns

Of course your therapist will also give you learned cues to help make your home more balance friendly and free of hidden obstacles.

Among the compelling reasons why you'll want to sign up for an evaluation is one reason that shines even brighter than the rest; your personal outcomes to a secured path and the exceptional value of having a personal therapist coaching you to a better quality of life.