



# The Physical Therapy Specialty Center

*A Division of Primary Care Partners*

*Call for an Appointment Today – 970-241-5856*

## Balance

Physical Therapy can help you improve your balance!



Balance is important to every day life. It allows us to participate in all of our desired activities as well avoid falls. Our ability to maintain balance is dependent upon three body systems: visual system, vestibular (inner ear) system, and the somatosensory (sensory) systems. If one, or more, of these systems provide incorrect information to the brain, there is conflict and often then the reason for imbalance/falls.

### FACTS:

- 1 in 3 adults over age 65 fall each year
- Falls are the leading cause of death over age 65
- In 2009 fall injuries for adults 85 and older were almost 4x that of adults age 65-74
- CDC reported the annual cost of fall care in 2010 was \$28.2 billion. This cost is expected to increase in 2020 to \$54.9 billion
- Falls are the most common cause of head/brain injury

### WHAT CAN AFFECT BALANCE:

- Weakness, inactivity, prior fall
- Inner ear disorders (vertigo/dizziness, Meniere's)
- Head trauma/injury, concussions
- Stroke or other neurological disorder
- Post surgical (hip or knee replacements, back or neck surgery)
- Medication side effects

### HOW WILL THERAPY HELP?

A PT can perform a comprehensive balance exam to determine which balance system(s) in the body are not responding correctly. An individualized home program is then designed to retrain the brain and balance systems, thus improving your balance and decreasing the risk of falls.

**Don't risk a fall!**  
**Call us today at 970-241-5856**