

BALANCE Rehabilitation PROGRAM

The purpose of the Balance Rehabilitation program is to maximize your mobility, function, and safety. Therapy may include balance and gait retraining, exercise, activities of daily living, safety assessments and an equipment evaluation.

Myths about balance:

Myth: Loss of mobility is a fact of life as we grow older.

Fact: Loss of flexibility and strength is largely due to a lack of activity.

Myth: People with dizziness, vertigo or inner ear dysfunctions have to learn to live with it.

Fact: Therapy can greatly reduce the symptoms of dizziness, vertigo and disequilibrium.

Myth: Older people are prone to falling; falls are inevitable as we age.

Fact: The effects of aging are not solely responsible for loss of balance or the symptoms of dizziness. Usually a decline in a combination of areas creates balance problems.

What does the balance evaluation include?

IPMR has developed an evaluation program designed to thoroughly assess your current balance problems. The evaluation may include:

- ▶ Active range of motion and strength of arms and legs
- ▶ General mobility skills, postural alignment and gait
- ▶ Eye tracking, with and without head movement
- ▶ Vestibular, visual and somatosensory contributions to maintaining balance
- ▶ Use of appropriate postural strategies during dynamic weight shifts, within your limit of stability.
- ▶ Equipment evaluation

Results of the evaluation are used to develop an appropriate treatment program in conjunction with your physician.

Who can benefit from this program?

The balance evaluation may be beneficial to anyone who has experienced any of the following:

- ▶ Cerebral vascular accident (stroke)
- ▶ Dizziness
- ▶ Head injury
- ▶ Orthopedic injuries
- ▶ Parkinson's disease
- ▶ Falling or instability
- ▶ Vestibular weakness or injury
- ▶ Pediatric developmental delays
- ▶ Inner ear problems



What is the Balance Master?

The Balance Master by NeuroCom® is a computer-based system that evaluates all areas of static and dynamic balance. The Balance Master is not only used to evaluate problems, but can also be used to treat them.

Visual, auditory, and proprioceptive feedback helps you internalize the results of your performance. This ultimately gives you the confidence to return to a more active lifestyle.

Will my insurance cover the cost?

Medicare and most insurance companies generally cover this assessment, but please check with your own insurance carrier if you have any questions about your coverage.

Is a referral needed?

Yes, a doctor's referral is required. Talk to your physician if you believe a balance assessment might be beneficial.

For more information:

For referral or additional information about IPMR's Balance Rehabilitation program, call (309) 692-8670.