

Balance and Falls Fact Sheet

Who can benefit from Balance and Falls Training?

Anyone who has difficulty with:

- Walking
- Going up and down stairs
- Getting in and out of bed or a chair

Anyone who has had difficulty with balance or has had a fall in the past.

How does balance work?

- Many parts of the body must work together in order for a person to maintain their balance. The brain, muscles, and bones all play an important role in keeping your balance and preventing falls. When one of those components isn't functioning appropriately, a person increases their risk for a fall dramatically.
- Falls occur in over a third of persons over age 65 each year, and in over half of persons over age 75. The most common causes of falls include environmental hazards (such as slippery floors and loose rugs), weak muscles, unstable balance, dizziness, vision problems, and medication side-effects (such as dizziness and confusion).

How can Physical Therapy help you?

A Physical Therapist is trained in how to retrain the brain, muscles, and bones to work together, improving balance and lessening the chance a fall will occur. Through specialized testing, a Physical Therapist can determine which areas you need to work on and teach you the exercises to make you stronger, more flexible, and in better balance.

The Physical Therapist will:

- ◆ Ask you about your medical history
- ◆ Take a list of your medications
- ◆ Test your strength, flexibility, walking, balance, and motion in your arms, back and legs
- ◆ Design an exercise program to address your needs

Let us help you improve your daily functional activities and your ability to live independently!

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