

On Balance, Typical Concerns

in Your Circle of Life



At home, work and play, an "ounce of prevention" is best every day.
Get back in balance with empathetic care.



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On Balance and Gait Training

Top 10 Guiding Principles

- ▶ **Maintain equal weight on both feet.**
WHY? During gait initiation, a locomotor task, this best prepares us for transition from an upright stance to walking.
- ▶ **Tilt weight slightly more (55%-45%) forward on the ball of foot than heel**
WHY? Correct weight distribution helps align posture and stabilize whole body in step execution.
- ▶ **Keep knees unlocked and relaxed.**
WHY? Improve postural balance so other sensory body systems and functions have more stable footing.
- ▶ **Relax buttocks, back, shoulders and arms.**
WHY? Feet can better control balance and minimize swaying, while saving energy and reducing fatigue.
- ▶ **Purposely try to sway less.**
WHY? When eyes and ears have less info to process, dizziness or unsteadiness felt during standing or walking may decrease.
- ▶ **In single leg stance, keep primary weight (60-70%) on forefoot.**
WHY? Maintain optimum control and steadiness.
- ▶ **Shorten step length.**
WHY? Improve mobility safety by bringing the Center Of Mass (COM) closer to leading foot.
- ▶ **While walking, push forward with forefoot and toes each step you take.**
WHY? Take advantage of same balance control used during standing. While heel will land first, weight should transfer quickly onto forefoot because of push forward from back foot.
- ▶ **Practice task-oriented motor learning exercises on a consistent basis.**
WHY? Enhance body strength, coordination, flexibility and rhythm.
- ▶ **Get in the healthy habit of aerobic stretching exercises.**
WHY? Increase joint range of motion so muscle forces can best support repeatable action steps.

Your Quality of Life is Our Focus. That's Why.

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On Balance, Typical Concerns

in

Your Circle of Life

In Crowds



Uneven Terrain



Slippery Surfaces



CORE GOALS:
Safety, Comfort
and Confidence



Dangerous Weather



Daily Activities



The Unexpected



At Work



Elevation Changes

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**Sound
Advice**
Hearing & Balance

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Keep Your Life in Better Balance



Common Balance Problem Symptoms

Are you experiencing...?

- Sense of motion or spinning (vertigo)
- Fatigue
- Memory loss or inability to concentrate
- Loss of balance (disequilibrium)
- Dizziness and nausea
- Falling or feeling as if you are going to fall
- Light-headedness, faintness or a floating sensation
- Difficulty reading
- Confusion or disorientation
- Fogginess



**Your Personalized Balance Treatment Plan –
Symptom Driven, Carefully Diagnosed**

Learn more, get back in balance



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Versatile Therapy, Teachable Moments

YOU NEED TO KNOW: Perturbation is deviation of a system, moving object or process from its normal state or path, caused by an outside influence.

Our advanced technology system utilizes specialized techniques to provide these personalized benefits:

► **Comfort, safety and peace of mind**

HOW? Carefully fit harness which ensures stability, especially in response to forced movements from therapeutic perturbations.

► **Patient engagement**

HOW? User-friendly programs with easily seen, interactive and stimulating motivational games.

► **Curative versatility**

HOW? Vast range of helpful treatment options which integrate targeted, individualized and controlled response training.

► **4-Dimensional Perturbation**

HOW? Patented treadmill technology simulates slips and trips in medial/lateral or forward/backward directions while patient is standing, walking or running.

► **Diagnostic precision**

HOW? Customized postural control practice in modeled settings for specific gait phases, with data-driven movement sensors and analytics.

► **Individualized treatment plans**

HOW? Lifestyle-focused coaching protocols compassionately applied and consistently fine-tuned.

► **Best quality of life outcomes**

HOW? Evidence-based rehabilitative process by empathetic professionals.

► **Continuity of care, with valuable progress tracking and a personal touch**

HOW? Detailed reports which document therapeutic plans, training session results and well-planned action steps.

► **The most advanced balance therapy technology at your local convenience**

HOW? By building our experienced team of talented therapists and investing in world-class medical technology.

► **A best practices approach to improving your quality of life, self-confidence and mobility**

HOW? Trusted care, for life, from highly skilled professionals genuinely dedicated to our patients and their families.

Vital Safety & Best Outcomes. That's How.

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