

On Balance, Typical Concerns

in

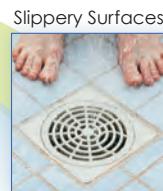
Your Circle of Life



Uneven Terrain



In Crowds



Slippery Surfaces



Dangerous Weather



The Unexpected



At Work



Daily Activities



Elevation Changes

At home, work and play, an "ounce of prevention" is best every day.

Get back in balance with empathetic care.

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Hearing & Balance

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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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Slippery Surfaces



CORE GOALS:
Safety, Comfort
and Confidence

Dangerous Weather



Daily Activities



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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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