

Balance, Fall Prevention, and Vestibular Rehab

1. Why is this so important?
 - a. Reality is that our balance and strength gradually get worse from our 20's/30's on
 - b. We don't work on these things.
 - c. Falls are one of the biggest preventable and costly medical issues
2. What are the 3 components of **balance**?
 - a. Proprioception/balance receptors in joints
 - b. Vision
 - c. Vestibular system- what integrates everything to allow us to function, controlled by the 8th Cranial Nerve called the Vestibulocochlear nerve, susceptible to arthritis just like other parts of our body
 - i. Visual Tracking
 - ii. Full body balance/proprioception
3. How do you know if your balance and vestibular system is working normal?
 - a. Balance
 - i. Single leg balance = 30 seconds
 - ii. Tandem balance (heel to toe) = 30 sec
 - iii. Romberg balance (feet together/arms crossed/eyes open or closed) =30 sec
 - b. Visual tracking- do you get dizzy or have vertigo with quick eye movements, staying fixed on object, or moving your head?
 - c. Do you get dizzy, have vertigo, feel like you are on a boat, spinning, off balance, or have problems when change positions (getting out of bed)?
4. What can you do to improve your balance, decrease the chances of falling, and be safer?
 - a. Core strengthening/leg strengthening (Bridging, Clams)
 - b. Work on your balance (see sheet)
 - c. Work on visual tracking, vision exercises (see sheet)
 - d. Realize that this is essential.
 - e. Vestibular Rehabilitation performed at Phoenix Physical Therapy