

How we treat it

Balance Training

Bad falls are a constant worry for seniors and others who have physical challenges. And those worries aren't unfounded. Falls are the leading cause of injury-related deaths and serious health problems in the U.S.

Improving your balance and coordination are interrelated challenges. Physical therapy helps you master these skills to decrease your risk of injury, while at the same time increasing your confidence and independence.

BENEFITS OF BALANCE TRAINING

Even if you don't think you're in danger of falling over, that "running out of steam" while walking that you're attributing to aging muscles could be something else. The problem might actually be slowing reflexes, which make moving around seem more strenuous than it is. By the same token, poor posture and gait can throw off those reflexes.

In fact, the balance system relies on a complex number of body systems that include the inner ear, the eyes, the joint-muscle-nerve system, and of course cognitive functions. Therapy that improves gait and balance works with all of these systems to keep them functioning in harmony.

Balance training has a range of benefits, with avoiding injuries being at the top of the list. Beyond lessening your chances of falling or feeling dizzy, you're also more likely to feel confident with your footing. In addition, those aches and pains from poor posture are likely to decrease as well.

What does balance training entail?

First, we'll evaluate your balance to determine potential problems with strength and posture. Simple movements to test balance are also part of the assessment. Together, these basic evaluations point us in the direction of what to focus on in terms of therapy.

Hip and ankle weakness often leads to balance problems, as does poor posture. Strength and flexibility movements can help counteract these problems. These are often as simple as leg lifts while seated in a chair, or "knee marching." We may also practice standing on one leg, walking heel-to-toe, or tracking the movement of your thumb with your eyes as you move it in various positions.

Ready to "balance" your life again?

With our dedicated team behind you, you'll regain confidence in navigating challenging terrain and learning how to avoid dizzy spells. You may even be able to leave that cane or walker behind! Call us today for a consultation so you can regain your independence as soon as possible.

Sources

<http://www.mayoclinic.org/diseases-conditions/balance-problems/symptoms-causes/dxc-20166190>

<http://www.vital-aging-network.org/files/media/balance.pdf>

<https://eldergym.com/exercises-for-balance.html>