

INJURIES RELATED TO FALLS HAVE REACHED EPIDEMIC PROPORTIONS

It is estimated that over 50% of the entire population will experience dizziness or balance problems at some point during their lifetime. Every minute of the day, another person falls and fractures a hip. Some falls occur because individuals have a known balance/vestibular or foot disorder.

However, the majority of people who have a balance disorder are totally unaware of it. Falls are the number one reason for hospital admissions for people over age 65. More than one-third of adults age 65 years and older fall each year.

St. Joseph Hospital offers Balance Testing and Treatment for patients suffering from balance disorders, including dizziness, gait instability as well as foot pain.



THE BALANCE STUDY

At the Balance Center we provide the highest quality of specialized care and technical expertise with state of the art equipment and interpretation by an Audiologist, as well as a Neurologist. The Balance Study will test all components of your balance system.

It is a series of tests including Vestibular Autorotation, Posturography, Limit of Stability and Videonystagmography.

- VNG (Videonystagmography) is the gold standard for testing a patient's equilibrium or vestibular system. A poorly functioning vestibular system is the most common cause of dizziness and falls related to imbalance.
- The VNG is a series of tests designed to determine the function of the entire balance system, including the ability to follow objects with the eyes and how the eyes respond to information from the vestibular system.
- The Proprioceptive force plate is state of the art technology used in posturography. This measures the status of the balance system with reduced cues. It will also calculate your sway and predict your likelihood to fall.

VESTIBULAR/ FOOT PHYSICAL THERAPY

Individuals with a short or long history of balance problems may be able to regain their balance control via therapy. Accurate diagnosis, followed by an individualized program of balance therapy including vestibular and foot physical therapy can significantly improve your balance and reduce your risk of experiencing a serious fall. In fact, therapy programs that include balance training and lower extremity strengthening can decrease fall risk by up to 50%.

Physical Therapists at the Balance Center are trained in Vestibular and Foot Physical Therapy. Each physical therapy session is one hour long and therapy is provided on a one-to-one basis. A major goal of the Vestibular Rehabilitation program is to personalize a home exercise program that will enable you to maintain and improve your balance, even upon discharge.

At the Balance Center, we participate with most insurance plans and our friendly staff will assist you in obtaining prescriptions and insurance authorizations.

For more information about the Balance Center or to schedule an appointment, please call: (516) 520-2280.