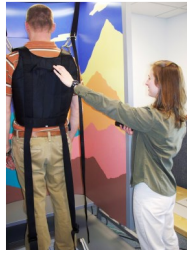


Balance Self Test

To help determine if you may be headed for a fall, take the Balance Self Test below. If you answer yes to one or more of the questions, you could be at risk. The best way to determine if you have a problem, however, is to talk to your physician who might recommend that you get a balance screening from a qualified balance facility.

- | | | |
|---|-----|----|
| 1. Have you fallen more than once in the past year? | Yes | No |
| 2. Do you take medicines for two or more of the following diseases: Heart disease, high blood pressure, arthritis, anxiety or depression? | Yes | No |
| 3. Do you feel dizzy or unsteady if you make sudden changes in movements, such as bending down quickly or turning? | Yes | No |
| 4. Do you have black-outs or seizures? | Yes | No |
| 5. Have you experienced a stroke or other neurological problem that has affected your balance? | Yes | No |
| 6. Do you experience numbness or loss of sensation in your legs and/or feet? | Yes | No |
| 7. Do you use a walker or wheelchair, or do you need assistance to get around? | Yes | No |
| 8. Are you inactive? (Answer yes if you do not exercise at least 3 times per week.) | Yes | No |
| 9. Do you feel unsteady when you are walking or climbing stairs? | Yes | No |
| 10. Do you have difficulty sitting down or rising from a seated or lying position? | Yes | No |

For more information about balance disorders and available treatment options, contact your physician and / or the
**Lewis County General Hospital
 Rehabilitation Department
 at 315-376-5225**



Lewis County General Hospital participates with most major health care plans.

Services, performed by highly trained and professional staff, are available by appointment only. A physician's referral is required for therapy and treatment.



7785 North State Street
 Lowville, New York 13367

Phone: 315-376-5225
www.lcgh.net



**Are you
 DIZZY or
 OFF-BALANCE ?**



**An Informational
 Resource provided by
 Lewis County General Hospital**

You Don't Have to Live With Dizziness and Imbalance

Balance is vital to normal every day life activities such as getting out of a chair, washing your hair, driving a car, putting on your shoes or going grocery shopping. Just about everything you do, whether for work or leisure, requires balance control.

When balance problems develop, they can cause profound disruptions in your daily life. In addition to increased risk for falls, balance disorders can shorten your attention span, disrupt normal sleep patterns and cause excessive fatigue. A few of the patient populations that typically manifest balance problems and / or dizziness are those with head injury / concussions, stroke, Parkinson's Disease, Multiple Sclerosis and other neurological problems, elderly fallers and those suffering from vestibular loss.



Three systems are responsible for maintaining balance and equilibrium: vision, information from receptors in the feet and ankles, and vestibular information from the inner ear. The vestibular system provides the brain and eyes with information regarding the position of the head and its movement in space with respect to gravity. When the vestibular system is not functioning properly, symptoms of dizziness and imbalance may occur (such as unsteadiness, vertigo and nausea).

Vestibular rehabilitation and balance retraining may help control these symptoms.

Identifying and Treating Balance Disorders

Because of the complexity of balance control, not all balance problems are the same. In addition, the wide variety of balance problems can make it difficult to determine the cause of a balance disorder and which treatment options are most appropriate.



In the past 20 years, significant advancements in the evaluation and treatment of balance disorders have proven to be highly effective and offer relief to

those suffering from imbalance or dizziness.

If you are suffering from a balance disorder, you should talk to your doctor. While your family physician may not be a balance specialist, he or she can refer you to the balance center at Lewis County General Hospital which is equipped to do a comprehensive balance assessment to determine the underlying cause(s) of your problem.



Lewis County
Health System
Your Health Partner

7785 North State Street
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Vestibular Rehabilitation and Balance Retraining at Lewis County General Hospital

A comprehensive evaluation will be performed on your first visit. Posture, balance, strength, eye-hand coordination and walking will be assessed. From the results of the evaluation, the therapist will provide an individualized treatment program and educate you on how to control symptoms of dizziness and imbalance.

Vestibular Rehabilitation is an exercise based treatment approach to help the brain and spinal cord compensate and control symptoms of dizziness and imbalance.

Balance Training utilizes a variety of approaches to improve balance and stability including:

- **Strengthening of key muscle groups to improve balance reactions**
- **Integration of all 3 balance senses (vision, information from receptors in the feet and ankles, and vestibular information)**
- **Balance challenges in various environments (uneven surfaces such as ramps, areas with low lighting, tasks with eyes closed, etc).**

Loss of balance and mobility are *not* inevitable as we grow older! Sudden falls in older individuals, however, are of concern because the incidence of balance problems is known to increase significantly with age.