

Helpful Hints:

- ▣ Stay as active as possible to maintain good strength in your legs and safely exercise your balance.
- ▣ If you have had a fall in the last 6 months then use a walking aid for balance when walking outside, or in a crowded place.
- ▣ Wear sensible low heeled well fitted footwear
- ▣ Turn on the light to help your vision and balance if you get up during the night
- ▣ Take particular care when walking in a dimly lit environment, such as getting out of your car at night. Avoid putting out your rubbish bins after dark.
- ▣ Do not walk around in bifocal glasses which incorporate readers and distance glasses. These glasses cause the ground around your feet to be out of focus and increase your risk of tripping



Sue Hyland

is an experienced Physiotherapist at **Move In Health Physiotherapy.** She has worked in the area of Vestibular Rehabilitation and Falls and Balance physiotherapy for many years.

Move In Health Physiotherapy is located at Knox Specialist Centre at

**230 Mountain Hwy
Wantirna 3152
Ph 9800 5697
Fax 9887 5333**

Knox Specialist Centre is located just past Knox Hospital travelling towards Burwood Hwy.

Private, Veterans Affairs,
Enhanced Primary Care Patients all
accepted

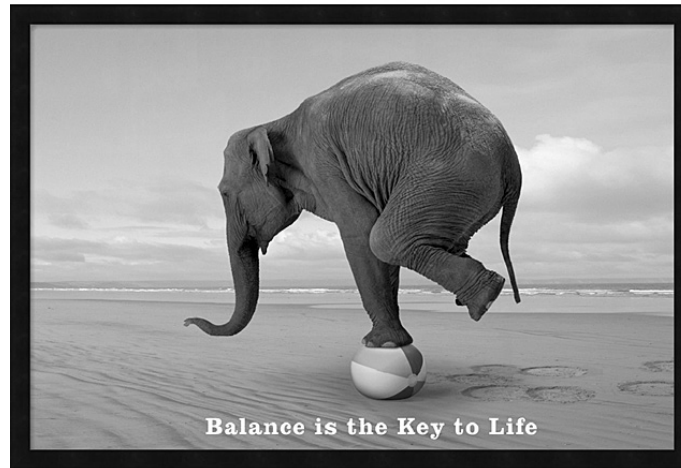
Off Balance or having falls?



Good Balance is the result of a partnership of many different systems within the body.

Normal Balance is a complex interrelationship of many things including:

- ▣ The balance (Vestibular System) of your inner ear
- ▣ Muscle strength in your lower limbs.
- ▣ The speed at which your balance reactions are working. These slow down if you lose fitness.
- ▣ Joint flexibility and pain in the joints of your legs
- ▣ Some types of medications can adversely affect your balance
- ▣ Reduced sensation in your feet possibly from Diabetes or a number of neurological disorders.
- ▣ Tightness in your muscles which limits your ability to move and the speed of your balance reactions.
- ▣ Age related changes
- ▣ Neurological disorders which affect your ability to move around and speed of your balance reactions
- ▣ Vision



Injuries from falls can steal your independence. It is important to act early to reduce the risk factors.

A Physiotherapist experienced in Falls and Balance therapy and Vestibular Rehabilitation will assess you thoroughly and then tailor a program for you which will work to improve the reversible factors contributing to your balance problems.

- ▣ A gentle strength and stretch program for your lower limbs
- ▣ Treatment of painful joints which affect your ability to move
- ▣ Treatment of any inner ear problems causing imbalance, vertigo(spinning sensation), or dizziness
- ▣ Safe balance exercises to improve the speed of balance reactions, enabling these to react more quickly and keep you safer.
- ▣ Advice regarding walking aids if needed to reduce falls risk.
- ▣ Advice regarding improved safety in your home to minimize falls risk.