



BALANCE

STABILIZING YOURSELF REDUCES THE RISK OF FALLING

BALANCE IS PART OF YOUR MORNING ROUTINE

When you were putting on one pant leg or when you were switching over to the other foot to put on a sock or shoe, did you find you had to step down or hold on to something maybe even sit down? Each individual should be able to balance at least 20 seconds without falling over on one leg. If you are unable to do that, you are at a higher risk of falling.

3 SYSTEMS IN YOUR BODY TO KEEP YOU BALANCED

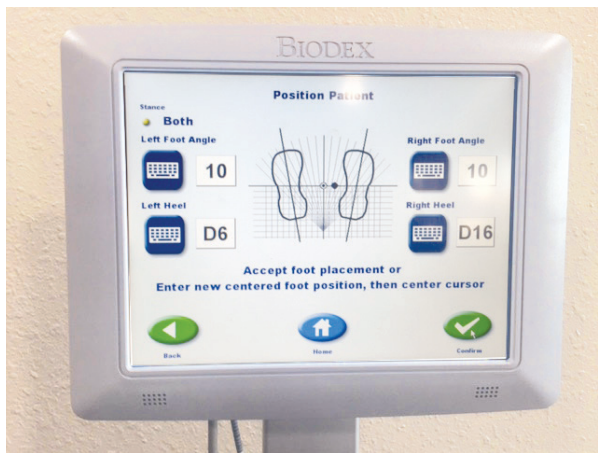
1. Vision
2. Vestibular system (inner ear)
3. Strength and sensation in your legs

VALIR PHYSICAL THERAPY CAN TEST YOUR BALANCE

Valir physical therapists can find out which system in your body is affecting your balance the most and are able to help improve that system to increase your overall function.

Valir clinics use BioDex machines which allow therapists to test how much sway or movement you have in your body and track improvements made over time.

Every patient seen by a Valir physical therapist goes through a baseline balance test so if they ever have a significant injury, such as a concussion, the therapist is able to track their improvement and determine when they are able to return to their sport or daily activity safely.



So Much More Than Therapy!

405.609.3600
valir.com/physicaltherapy
18 clinics state wide