



# Don't Let Dizziness and Fear of Falling Rob You of Your Freedom

Call us today toll free at:  
**1 800 371-1011**

Falls can be very serious. They are the #1 reason for injury-related visits to an emergency room, the #1 cause of accidental death (falls cause 70% of all accidental deaths in people 75 and over), the #1 reason for admission to a hospital and the #1 reason for admission to a nursing home for people age 65 and older.

Falls cause nearly 1,000 hip fractures every day in the United States. As many as 50% of the older adults who suffer a hip fracture will never regain their previous level of functioning and be able to live independently again.

About 35% of community dwelling elderly people and 60% of nursing home residents fall each year. Many of them fall repeatedly.

50% of the people age 75 and over who fall and sustain a serious injury will die within a year as a result of the fall.



## ***Fall Prevention and Rehabilitation LLP***

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80 Main Street  
2nd Floor  
West Orange, NJ 07052

Get Tested  
Get Treated  
Get Better



## ***Fall Prevention and Rehabilitation LLP***

Bringing Balance to Life

## The Academy of Orthopedic Surgeons estimates that 30 to 40% of all falls can be prevented.

Our team of healthcare professionals specializes in the complexities of the balance system. We provide a full spectrum of education, screening, diagnosis, and treatment for patients experiencing dizziness or balance disorders with a special emphasis on those at risk for falling due to age, accident or injury.

Under the direction of the case managing physician, we will perform tests on the four areas that affect your sense of balance: **vision, nervous system, muscles and joints and inner ear (vestibular)**. Some of the tests assess multiple areas, for example, information about the interrelationship of your visual, inner ear, and muscle and joint functions may be obtained using CDP (Computer Dynamic Posturography).

Other tests assess individual parts of the balance system. We may use VENG (Video Electronystagmography) to record and analyze eye movements to help us evaluate inner ear function or a hearing test to check for hearing loss. We will also evaluate your flexibility, strength and functional abilities to give us information about your muscles and joints. Your primary care physician will always be notified of your test results and treatment progress to insure continuity of care.

Most balance disorders are caused by some benign, easily treatable condition. One of the most common forms of balance disorder is benign paroxysmal positional vertigo (BPPV). BPPV can almost always be completely cured in 1 or 2 short therapy sessions.

After the cause of your problem has been determined, the case managing physician may decide that you would benefit from balance or gait therapy. 80 to 85% of all balance problems respond well to specific therapeutic maneuvers and exercises. In accordance with your doctor's orders a therapy regimen will be custom-tailored to your specific problem.

Your therapy may involve eye-tracking exercises, for example, in which you hold a card in front of you and move it and your head rapidly from side to side, in opposite directions, while keeping the words on the card in focus. Other exercises involve such simple movements as getting in and out of a chair several times in succession each day.

Our fall prevention, treatment, and rehabilitation programs take into account your medical condition, lifestyle and individual needs, always with the goal of improving your balance, lessening your discomfort, and reducing your risk of falling.

## Many people do not know that they have a balance problem.

Because the human balance system has built-in "back-ups" many people, especially young to middle age, may be totally unaware that they have a balance disorder. When sensory input from one source is inadequate, the central nervous system automatically turns to another source for orientation. In other words, a fully functioning part of the balance system will help do the work of a part of the system that is not functioning properly.

Often the problem is not revealed until, as the person becomes older, more than one part of their balance system does not perform at 100% capacity. When they encounter an unusual situation, the working parts of their balance system are no longer able to compensate.

An older person may have had a vestibular (inner ear) disorder for many years but may have been compensating for the problem by relying on their keen eyesight to maintain balance. But eyesight gets worse with age, and when coupled with dim lighting, poor eyesight can often be the cause of falls. Many falls occur at night, when there may be little or no light available.

## Why screening for balance problems is so important.

Don't be alarmed if your test results show signs of some balance abnormality. Often there is a simple explanation. Temporary balance problems can be caused by a cold or flu, lack of sleep, the effects of medications, or even too much caffeine. In those cases the problem will often resolve itself without any medical intervention.

But balance problems and dizziness can also be the first signs of serious health problems such as brain tumors, anemia, Parkinson's disease, multiple sclerosis, diabetes, strokes, high blood pressure, traumatic injuries and many, many others. That's why identifying patients with abnormal balance can be invaluable in the detection of other serious conditions.

In addition, a simple balance assessment helps the physician identify patients who may be at an increased risk of falling. In older patients, falls can result in broken hips, other fractures, head trauma and other serious injuries, even death. That's why the Clinical Practice Guideline recommends the routine screening of anyone over age 55. But balance problems can occur at any age, to anyone, and with a wide variety of causal factors. Testing and treatment can mean renewed independence, stability, and freedom from fear.

This brochure is not meant to provide you with medical advice. Only a licensed physician is qualified to provide medical advice.