

# BALANCE & MOBILITY

The Center for Balance & Mobility at Therapy Connection is the Hudson Valley's most technologically advanced provider of evaluation and treatment services for balance issues and dizziness. Staffed by experts in balance and mobility, the Center offers uniquely comprehensive and effective care suited to the needs of each individual, including those at risk for falls.



## Evaluation Methods

- Computerized Dynamic Posturography (CDP), the most effective and comprehensive assessment tool for dizziness and balance disorders
- Dynamic vision impairment evaluations
- Autonomic and voluntary motor impairment evaluations
- Vertigo assessment
- Concussion or head injury assessment

## Facts About Falling

- One in three adults 65 or older falls each year.
- Every 17 seconds, an older adult is treated in an emergency room for injuries sustained from a fall.
- Sixty-five percent of adults older than 65 report balance problems.
- More than 11-million physician visits per year involve a complaint related to balance.

# Are you at risk?

If your answer to any of the following questions is “yes,” you may be at risk for a fall.

1. Have you fallen more than once in the past year?  
 Yes  No
2. Do you take medicine for any two conditions including heart disease, hypertension, arthritis, anxiety and/or depression?  
 Yes  No
3. Do you feel dizzy or unsteady making sudden movements such as turning around quickly or bending forward?  
 Yes  No
4. Do you have blackouts, dizzy spells or seizures?  
 Yes  No
5. Have you suffered from a stroke or other neurologic problem that has affected your balance?  
 Yes  No
6. Do you experience numbness or loss of sensation in your legs or feet?  
 Yes  No
7. Do you use a cane, walker or wheelchair to get around?  
 Yes  No
8. Are you inactive (answer “yes” if you do not participate in regular exercise, such as walking for 20 to 30 minutes at least three times per week)  
 Yes  No
9. Do you feel unsteady when walking or climbing stairs?  
 Yes  No
10. Do you have difficulty sitting down or rising from a seated or lying down position?  
 Yes  No

## Get Help

If you answered “yes” to any of the questions on the self-test above, you may be at risk for a fall. Speak with your physician about your balance or dizziness and request a referral to the Center for Balance & Mobility at Therapy Connection. To make an appointment or speak to a specialist, call the Center at **845.431.8159**.



**MidHudson  
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