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## REHABILITATION SERVICES OUTPATIENT CLINIC LOCATIONS

**POMONA VALLEY HOSPITAL MEDICAL CENTER**  
Robert & Beverly Lewis Outpatient Pavilion  
1798 N. Garey Avenue Phone: 909.865.9810  
Pomona, CA 91767 Fax: 909.620.6724

**CHINO HILLS OUTPATIENT CLINIC & THERAPEUTIC POOL**  
Pomona Valley Health Center  
2140 Grand Ave., Suite 100 Phone: 909.630.7878  
Chino Hills, CA 91709 Fax: 909.630.7879

**CLAREMONT OUTPATIENT CLINIC**  
Pomona Valley Health Center  
1601 Monte Vista Ave, Suite 220 Phone: 909.865.9104  
Claremont, CA 91711 Fax: 909.630.7944

**MILESTONES CENTER FOR CHILD DEVELOPMENT**  
Pomona Valley Health Center  
1601 Monte Vista Ave, Suite 230 Phone: 909.621.7956  
Claremont, CA 91711 Fax: 909.624.7971

**COVINA OUTPATIENT CLINIC**  
Magan Medical Clinic  
420 W. Rowland St. Phone: 626.251.1361  
Covina, CA 91723 Fax: 626.251.1327

[pvhmc.org/rehabilitation](http://pvhmc.org/rehabilitation)

1-26-17



Expert care with a personal touch

Nationally recognized, Pomona Valley Hospital Medical Center is the area's leading provider of comprehensive healthcare with centers of excellence in cancer, heart and vascular, kidney stones, and women's and children's services. We also have an award-winning emergency department and neighborhood health centers for quality healthcare close to home. Through our expert physicians and advanced technology, we offer the perfect blend of state-of-the-art medical treatment and personalized care.



REHABILITATION SERVICES

## REHABILITATION SERVICES

# BALANCE AND FALL REDUCTION



## BALANCE AND FALL REDUCTION

Balance is such an integral, ever-present part of daily life that most people rarely give it conscious thought—until they fall! For older adults, falls are one of the greatest causes of serious health problems. Studies show that 30% of those over the age of 65 fall each year and that nearly 5% of those falls result in a fracture. Hip fractures are the most serious with 25% dying within one year, and 65% never regaining their prior level of independence. The good news is that 30% to 40% of all falls can be prevented! Although you cannot change the aging process, with our help, you can maintain your independence and reduce your risk of falling!

## ARE YOU AT RISK?

Over age 65  
Four or more medications  
Uncontrolled blood pressure  
Cardiac problems  
Impaired vision or hearing  
Loss of muscle strength and flexibility  
Gait and balance problems  
Acute or chronic illness  
Cognitive deficits, dementia  
Fear of falling

To help determine if you may be headed for a fall, take the balance "self-test." 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 get a balance screening test from a qualified clinician.



## BALANCE SELF-TEST

1. Have you fallen more than once in the past year?
2. Do you take medicine for Heart Disease, Hypertension, Arthritis, or Anxiety?
3. Do you feel dizzy or unsteady if you make sudden movements?
4. Do you experience blackouts?
5. Have you had a stroke or other event that affects your balance?
6. Do you experience numbness or loss of sensation in your limbs?
7. Do you use a walker, cane or wheelchair for assistance?
8. Has there been a recent decline in your activity level?
9. Do you feel unsteady when you are walking or climbing stairs?
10. Do you have difficulty sitting down or rising from seated or lying positions?

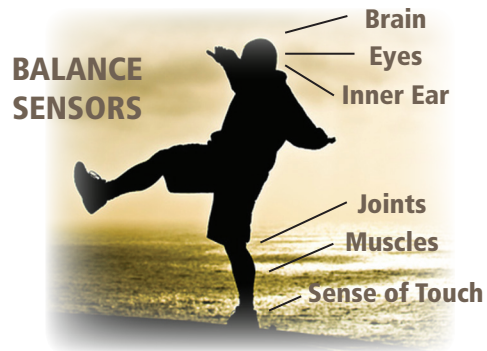
### HOW DOES BALANCE WORK?

Balance is the ability to control the body's position as it moves. The brain and other parts of your body work together to maintain balance and keep you from falling. Good balance control requires an elaborate interaction between the body's motor system and these four sensory systems.

Vision  
Vestibular (inner ear)  
Joint Position  
Skin Sensation

### WHAT IS A BALANCE DISORDER?

A balance disorder occurs when one or more of the balance systems diminish or fail. Certain conditions such as aging, injury, or disease may impair the sense of balance and contribute to falls. In the past, balance disorders were difficult to quantify, diagnose, and treat. They were often obscured by the person's own compensatory strategies.



### WHAT ARE THE BENEFITS OF BALANCE AND FALL REDUCTION THERAPY?

Falls are the primary cause of injury among the elderly. In addition, young and old alike who are recovering from injury, illness, surgery, or other medical conditions may also be at a high risk of falling. Today, we are able to use sophisticated technology to help evaluate a person's risk of falling and effectively improve their balance and stability through education and exercise. This allows people to avoid the downhill spiral and safely return to as independent a lifestyle as possible.

*Fear of falling*  
*Slow, cautious movement*  
*Decreased activity level*  
*Declining function*  
*Decreased quality of life*



Customized balance and fall reduction can help if you are having difficulty with:

- Unsteadiness or shuffling when you walk
- Keeping up with friends or family while you walk
- Walking to the bathroom in the middle of the night
- Getting out of chairs, cars/standing from the toilet
- Picking up objects from the floor

### WHAT DOES THE BALANCE AND FALL REDUCTION PROGRAM INCLUDE?

At PVHMC, licensed physical therapists specializing in fall prevention and balance therapy evaluate, treat and rehabilitate individuals with balance disorders. Our goal is to reduce the risk of falling during normal daily activities.

#### — Evaluation —

To help identify and assess balance deficits accurately, Rehabilitation Services utilizes the computerized BALANCE SYSTEM SD by Biodex. This versatile state-of-the-art diagnostic tool generates detailed balance information which is compared to age specific normative values. Highly trained PVHMC balance therapists complete a comprehensive and objective balance evaluation by combining the computerized data with scores from other balance tests.

#### — Treatment —

Customized treatment can be adjusted as patients progress through the program. Individualized plans address flexibility, strength, coordination and walking. The SOLO STEP Ceiling Mounted System limits exposure to risk allowing patients to see results immediately. Maintaining strength and balance is key in fall reduction. Patients and their families are taught activities and exercises to perform independently at home to safely challenge impaired balance systems.

Balance Training Exercises	Gait Training
Endurance Training	Muscle Stretching & Strengthening
Safety Training	

Depending upon the condition, a treatment program of  
— 1-2 sessions a week for 3-6 weeks —  
is sufficient to demonstrate a significant improvement in the patient's balance and safety. Treatment sessions are simple, painless and allow our patients to return to a life without the fear of falling!

### HOW DO I GET STARTED?

1. Talk to your doctor about the risk of falling and ask if balance therapy might be of benefit to you.
  - A prescription from your doctor is required.
2. To schedule your first appointment for "Balance Therapy" call us at any one of our rehabilitation outpatient clinics listed on the back panel of this brochure.
  - Please arrive 15 minutes early for your first therapy appointment.
3. Sessions typically last about one hour. During your first visit, a physical therapist will:
  - Review your prescription for therapy
  - Perform an initial evaluation of your condition
  - Establish an appropriate treatment plan
  - Schedule you for follow-up visits

### WHAT SHOULD I WEAR OR BRING?

- Wear loose fitting clothing
- Wear proper fitting athletic or tennis shoes
- Bring any assistive device you may be using
- Bring your doctor's prescription for therapy
- Bring your insurance card and co-payment

### WHAT IS THE COST OF THE PROGRAM?

- Treatments for balance disorders are covered by Medicare and most insurance carriers.
- Insurance co-pays apply to treatment..
- Cash rates are available.

