



# FALL PREVENTION

Advanced Treatment. Accelerated Results.

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The **Fall Prevention Program** is designed to first identify those that are at an increased risk of falling. Once identified, more extensive testing is performed. The comprehensive evaluation includes a *Static Balance Test*, *Limits of Stability*, *Body Targeting* as well as *Sit to Stand Tests*. Each of these tests provide necessary information that helps Dr. Slone identify the location that is causing the instability. Following these tests, the patient's stability will then be evaluated by recording eye function while the head is placed in various positions. Certain head positions may cause the patient to experience symptoms such as vertigo, unsteadiness, as well as dizziness. A **Videonystagmography (VNG)** is used to assess the eye function as it relates to the patients balance. Dr. Slone utilizes advanced technology to provide objective data related to the patients condition as well as progress with therapy.

## CONDITIONS TREATED

- Balance Disorders
- Fall Prevention
- Vertigo
- Memory Enhancement
- Athletic Enhancement
- Flexibility Improvement
- Sleep Disorders
- Ataxia
- Dystonia/Movement Disorders
- Stoke Rehabilitation
- Irritable Bowel Syndrome
- Erectile Dysfunction
- Joint Pain
- Muscle Imbalances

## DID YOU KNOW?

*A study recently showed that falls among older adults **decreased by 11%** with the intervention of a fall prevention program.*

- More than one third of adults 65 and older fall each year in the U.S.
- Among older adults, falls are the leading cause of nonfatal injuries and hospital admissions.
- The risk of being seriously injured in a fall increases with age.
- Rates of fall-related fractures are more than twice as high for woman

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