

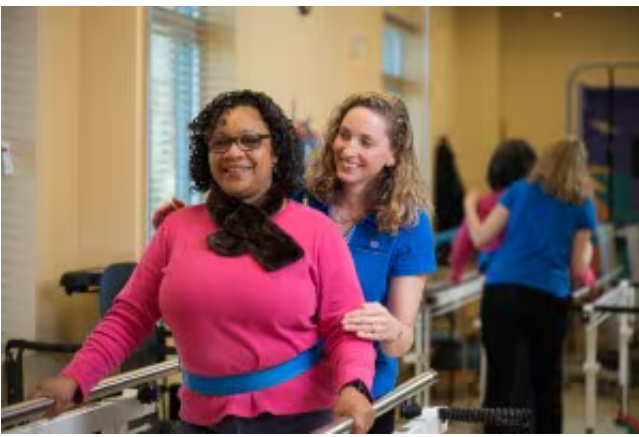
Balance and Vestibular Rehabilitation Programs

Balance and Fall Prevention

Ask for a Referral

You'll need a physician's referral for balance and vestibular rehabilitation programs at Cone Health. For more information, talk to your doctor or call the location closest to you:

- Burlington (Alamance Regional Medical Center) - **336-538-7500**
- Greensboro (Cone Health Neurorehabilitation Center) - **336-271-2054**
- Kernersville (Cone Health MedCenter Kernersville) - **336-992-4820**
- Reidsville (Annie Penn Hospital) - **336-951-4557**



Do you have a fear of falling or worry about losing your balance? Have you limited your activity because of unsteadiness? Has it become difficult to get up from a chair or the couch?

These are common indicators of a balance problem. Because falling is a common and potentially serious problem, it's important to know how you can reduce your risk of falling and improve your general health and mobility.

Reasons that balance becomes impaired

There are many reasons that balance becomes impaired:

- Changes in vision, inner ear function or sensation can lead to diminished balance.
- Diseases such as diabetes can impair the body's ability to balance.
- A history of orthopedic problems such as low back pain, arthritis, and joint changes can lead to decreased range of motion needed to maintain balance.
- Postural changes can lead to unsteadiness.
- An illness can decrease overall mobility and lead to weakness or diminished endurance, which can lead to falls.

- Fear of falling can impair mobility and function.

Resources

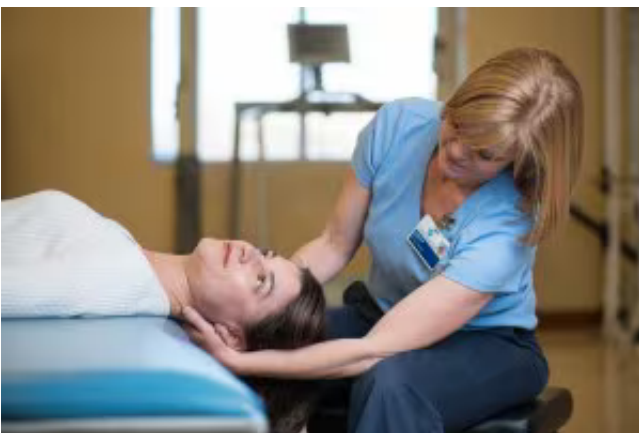
[Download our brochure](#)

[View our outcomes](#)

Online:

- [Fall Prevention Center of Excellence](#)
- [National Council on Aging](#)
- [NeuroCom](#)
- [Vestibular Disorders Association](#)

Vestibular Rehabilitation



The vestibular system is the part of the inner ear and brain that helps control balance and eye movements. Damage to the inner ear or brain,

either through disease or injury, can cause vestibular disorders.

Vestibular disorders occur frequently and can affect people of all ages. They can produce a variety of symptoms including:

- Dizziness
- Vertigo
- Nausea
- Unsteadiness and balance dysfunction
- Visual motor disturbances
- Fatigue

What you can expect from our Vestibular Rehab Program:

- A specially trained physical therapist will evaluate dizziness, posture, balance, walking and eye movements
- A treatment program specifically designed to address individual limitations found on evaluation
- Compensatory strategies to decrease dizziness and vertigo during daily activities
- A personalized home exercise program for balance and vertigo

Individuals who are experiencing symptoms of dizziness or imbalance should see their physician for an evaluation. A physician referral is required for evaluation and treatment in the Vestibular Rehabilitation Program.

