

Physical Therapy

Vestibular/Balance/Falls

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Physical therapy and rehabilitation

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Vestibular/Balance/Falls

Do you have episodes of feeling dizzy when you change positions? Have you fallen more than once in the last year? If you answered yes to one or both of the questions, you may have a balance problem. Legacy Rehabilitation Services can help you stay on your feet.

Conditions treated

- Falls or "almost falls"
- Fear of falling
- Staggering
- Tripping
- Dizziness
- Avoidance of normal activities that threaten balance

Our Programs

Depending on the cause and degree of impairment, treatment may include:

- Balance strategy instruction
- Sensory organization training
- Challenging balance limits in a safe environment
- Practicing with assistive devices such as canes
- Strengthening exercises
- Flexibility regimens
- Postural exercises for the neck, back and trunk
- Vestibular and/or visual adaptation therapy
- Canalithic repositioning

If further diagnostic testing is needed, we work closely with the Legacy Good Samaritan Clinical Audiology Vestibular Laboratory and their state of the art testing capabilities.

Goals of treatment

- Decrease risk of falling
- Reduce fear of falling
- Improve strength, flexibility and endurance
- Evaluate and treat dizziness
- Improve stability with all daily activities

Signs of need

Imbalance can be caused by vestibular or inner ear problems, sensation loss, vision deficits, inflexibility or tight muscles, or loss of strength. Many neurological impairments -- including stroke, spinal cord injury, concussion, multiple sclerosis and brain injury -- can also result in a balance problem.

Therapists

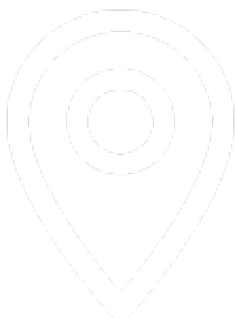
Our licensed physical and occupational therapists are highly experienced and have advanced training in vestibular and balance disorders.

Need help?

For additional information or to schedule and appointment please call 503-413-3707 in Oregon or 360-487-3750 in Washington.



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Tell us what you think

We'd love to hear from you!

Would you be willing to answer a quick survey?

No thanks

Yes please