



# Encompass Health

Rehabilitation Institute of **Tucson**

## Outpatient Balance Clinic

Balance is the ability to remain upright even with unexpected disturbances like dips on a sidewalk, tripping over objects on the floor or being jostled in a crowd.

Impaired balance is a risk factor for falls – a major health concern among older adults. At least one third of older adults fall each year and this risk increases with advancing age. This is one of the most common causes for hospital admissions due to trauma in older adults.



### Risk factors for falling:

- Balance impairments
- Visual deficits
- Neurological deficits due to stroke, brain injury, Parkinson's disease, etc.
- Impaired ability to walk
- Difficulty with activities of daily living
- Arthritis
- Heart and lung problems
- Inner ear dysfunctions
- History of falls

### Balance can be improved!

If you have a history of falls or balance problems, rehabilitation professionals can help.

Therapists use standardized tests, advanced technology and clinical skills to evaluate your balance and determine if you are at risk of falling.



## Encompass Health

Rehabilitation Institute of Tucson offers a self-pay 30-minute balance screening assessment for patients who are mostly independent – with or without an assistive device.

No referral necessary. The clinic is held monthly.

### Tests offered at the balance clinic:

#### Berg Balance Scale

14-item scale designed to measure balance and predict risk of falls. Score of < 45 means you are risk of falling.

#### Timed Up and Go Test

Used to screen individuals prone to falls. Requires the person to stand up from a chair and walk around a cone that's placed 10 feet away.

#### Activities-Specific Balance Confidence Scale

16-item scale designed to detect loss of balance confidence for older adults with higher functional levels.

#### Biodex Balance System

Interactive balance training technology that provides patients and clinicians with visual real-time feedback regarding posture and balance control.

At the end of your assessment, the physical therapist may recommend you receive physical therapy to improve your balance and reduce your risk of falling. A physician referral is required to start physical therapy.

**\$25 check or card only – cash cannot be accepted.**



# Encompass Health

Rehabilitation Institute of Tucson

Make an appointment by calling the  
**Outpatient Balance Clinic** at  
**(520) 322-3663**

2650 N. Wyatt Dr. | Tucson, AZ 85712

(9/2018)