



Balance Presentation Handout

By: Sally Talbot, Senior PT and Co-owner of Health Motion Physical Therapy

Balance relies on 3 component parts that all communicate to the brain. If there is an issue with one of these, or with the brain, balance problems will result.

Inner Ear: Ear infection, positional vertigo, Meniere's disease, tumor or other issue with the nerve to the inner ear

Eyes/Vision: sudden change in prescription, eye injury, lack of vision (darkness)

Proprioceptors: (these are nerves that sense the body's position in space) injury or surgery to a joint, numbness/neuropathy

Brain: head injury - concussion, migraine, stroke, brain tumor, blood flow changes, Drugs and medications, neurological conditions (ex. MS or Parkinson's), low blood sugar

To get better you have to treat the cause:

1. Speak to your doctor about it
2. Retraining exercises – see a professional

Exercises to improve balance will include things that challenge your balance safely – you should feel a little wobble. Remember that balance comes from three senses and the brain so the factors we can vary are from those.

Proprioceptors:

- Standing: both legs, close together, standing heel to toe, on one foot
- Surface: with shoes, hard surface, soft surface

Eyes: Eyes open/ eyes closed

Inner ear: Head movement

Brain: cognitive challenge

3001 Fuller Avenue NE Ste 3 Grand Rapids MI 49505 (p) 616-451-4284 (f) 616-451-4811
3826 – 44th Street SE Kentwood MI 49512 (p) 616-554-0918 (f) 616-554-3079

www.HealthMotionPT.com