

St. Joseph Hospital Balance Center offers Balance Testing and treatment for patients suffering from balance disorders including vertigo, benign paroxysmal peripheral vertigo (BPPV), dizziness and gait instability.

FALL RISKS

It is estimated that over 50% of the entire population will experience dizziness or balance problems during their lifetime. Every minute of the day another person falls and fractures a hip. Falls are the number one reason for hospital admissions for people over age 65. More than one third of all adults age 65 and older fall each year.

Some Falls occur because individuals have a known balance/vestibular or foot disorder. However, the majority of people who have a balance disorder are totally unaware of it.

THE SOLUTION

Whether you suffer from severe vertigo, where the room is spinning out of control, or you are simply unsteady on your feet, the Balance Center can offer relief and an improved quality of life.



St. Joseph Hospital

Catholic Health Services

At the heart of health

OUT-PATIENT DEPARTMENTS

**EMERGENCY DEPARTMENT
AMBULATORY SURGERY UNIT
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DISORDERS
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HEALING
SLEEP MEDICINE
BALANCE CENTER
FOOT PHYSICAL THERAPY
RADIOLOGY SERVICES**



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THE BALANCE CENTER



**Out-Patient Balance Testing
Balance/Vestibular & Foot
Physical Therapy**

DO YOU EXPERIENCE ANY OF THE FOLLOWING?

- Vertigo
- Dizziness or difficulty when getting up from a chair or out of bed
- trouble walking up or down inclined surfaces
- loss of balance when standing still
- feel the need to look for support or grab on to something when moving around
- problem judging distances when walking
- use an assistive device (cane, walker)
- fallen more than once in the last year
- feel unsteady or lose your balance while walking
- spinning while lying in bed
- fear of falling when walking
- if dizziness is experienced, do sudden changes in position such as bending down, tilting your head or turning quickly make symptoms worse
- balance deficits secondary to stroke, Parkinson's or other neurologic conditions
- Achilles Tendonitis, Arthritis, Plantar Fasciitis, Acute/Chronic Ankle Sprain, Peripheral Neuropathy or foot pain that persists after injections, orthotics, medication or surgery

If you answered yes to any of the above questions, you may be at risk for fall and may be a candidate for Balance Testing and/or Vestibular Physical Therapy.

THE BALANCE STUDY

The Balance Study tests all components of the balance system. It is a series of tests including Vestibular Autorotation, Posturography, Limit of Stability and Videonystagmography.

- VNG (Videonystagmography) is the gold standard for testing a patient's equilibrium or vestibular system. A poorly functioning vestibular system is the most common cause of dizziness and falls related to imbalance.
- The VNG is a series of tests designed to determine the function of the entire balance system, including the ability to follow objects with the eyes and how the eyes respond to information from the vestibular system.
- The Proprioceptive force plate is state of the art technology used in posturography. This measures the status of the balance system with reduced cues. It also calculates a patient's sway and predicts a patient's likelihood to fall.

At the Balance Center we provide the highest quality of specialized care and technical expertise with state of the art equipment and interpretation by an Audiologist as well as a Neurologist.

VESTIBULAR /FOOT PHYSICAL THERAPY

Individuals with a short or long history of balance problems may be able to regain their balance control with Physical Therapy. Accurate diagnosis followed by an individualized program of therapy, including Vestibular and Foot Physical Therapy can significantly improve your balance and reduce your risk of experiencing a serious fall. In fact, therapy programs that include balance training and lower extremity strengthening can decrease fall risk by up to 50%.

Physical Therapists at the Balance Center are trained in Vestibular and Foot Physical Therapy. Each physical therapy session is one hour and therapy is provided on a one-to-one basis. One of the goals of the Vestibular/Foot Physical Therapy program is a personalized home exercise program that enables the patient to maintain and improve their balance upon discharge.

At the Balance Center we participate with most insurance plans and our friendly staff will assist in obtaining prescriptions and insurance authorizations.

For more information about the Balance Center or to schedule an appointment, please call (516) 520-2500.