

## FALL AND BALANCE CLINIC

Edward Outpatient Rehabilitation offers FREE balance screening for those patients who present with poor balance or difficulty walking. According to the CDC, most falls are caused by the interaction of multiple risk factors. The more risk factors a person has, the greater their chances of falling. This screen will help determine a patient's fall risk and provide recommendations to increase safety at home and in the community.

### FALL SCREENING

Screening sessions last approximately 15 minutes and are provided by a licensed physical therapist using evidenced-based balance tests. Patient's scores are compared to normative values to assess their fall risk. Scores from balance testing will determine the therapist's recommendation for physical therapy, organized group exercise, or a home exercise program.

### FALL RISK FACTORS

- Previous Falls
- Older Age
- Poor Vision
- Postural Hypotension
- Multiple Prescription Medications
- Gait and Balance Problems
- Muscle Weakness
- Cognitive Impairment
- Fear of Falling
- Peripheral Neuropathy

**Call to Schedule your FREE Fall Screen today, located at:**

#### Naperville

**1331 W 75th Street Suite 102  
(630) 527-3368**

#### Romeoville

**Athletic and Event Center  
55 Phelps Ave, Upper Level  
(630) 646-6880**

**Edward-Elmhurst**  
HEALTH

**Healthy Driven**