

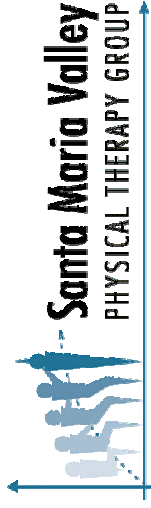


Usual treatment duration is 3-12 visits and is covered by most major insurances and Medicare.

Marcelle A. Flores has her doctorate degree in physical therapy from USC and has been specifically trained and certified to treat patients with balance and vestibular dysfunctions from the Vestibular Rehabilitation Competency- Based course directed by Susan Herdman, PT, PhD, FAPTA and sponsored by the Department of Rehabilitation Medicine at Emory University School of Medicine and the American Physical Therapy Association. This course is an intensive, evidence-based competency designed for physical therapists and MDs with experience treating patients with vestibular deficits. If you have any questions or would like to be evaluated, Marcelle can be reached at:

Santa Maria Physical Therapy Group

Do you experience dizziness or loss of balance?



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VESTIBULAR
AND
BALANCE
REHABILITATION
PROGRAM
at
SANTA MARIA
PHYSICAL THERAPY
GROUP



People with balance and dizziness problems can have difficulty performing simple activities of daily living. The GOOD NEWS is Santa Maria Physical Therapy Group offers a comprehensive Balance and Vestibular Rehabilitation Program specifically designed to evaluate and treat patients whose quality of life and activity levels are altered due to balance deficits or



As a person grows older, a sudden fall should raise the question that something might be wrong. In a normal healthy individual the sense of touch/position, vision, and inner ear motion sensors work together in harmony with the brain. A person with a balance disorder, however, may have a problem in any one or a combination of these systems.

If you have experienced a recent fall, feel unsteady, have spells of dizziness or believe you may have a balance problem it may be beneficial to undergo a complete balance assessment by a trained physical therapist to determine the underlying cause of your problem.

Vestibular rehabilitation/balance retraining therapy can significantly reduce patient's symptoms and lead to...

1. A decrease or elimination of dizziness
2. An increase in balance function and safety
3. Improved visual motor control
4. An increase in general activity level

Current research shows that vestibular and balance rehabilitation utilizing an exercise based approach is the most effective way to treat dizziness.

To help determine if you are headed for a fall, take a Balance Self Test below. If you answer yes to one or more of the following, you could be at risk.

1. Have you fallen more than once in the past year?
2. Do you take medication for two or more of the following diseases: heart disease, hypertension, arthritis, anxiety or depression?
3. Do you feel dizzy or unsteady if you make a sudden change of movement, such as bending down or quickly turning?
4. Do you have black-outs or seizures?
5. Have you experienced a stroke or other neurological problem that has affected your balance?
6. Do you experience numbness or loss of sensation in your legs and/or feet?
7. Do you use a walker or wheelchair, or do you need assistance to get around?
8. Are you inactive? (Answer yes if you do not participate in a regular form of exercise, such as walking 20-30 minutes at least 3 times a week.)
9. Do you feel unsteady when you climb stairs?
10. Do you have difficulty sitting down or standing up?
11. Risk of falling from stairs?

