

community connection

The Importance of Balance Training in Physical Therapy

By Carla Kazimir PT

We see patients every day for a variety of issues relating to back or lower extremities. One of the most important things we can do for them is to help them to achieve a better sense of balance and stability.

It is not enough to build strength and flexibility. Of course both are a key to better balance but we would be doing our patients a disservice if we did not include an element of balance training.

At North Valley Physical therapy we have an assortment of different equipment that we can challenge the balance in many different ways. We work in a variety of different positions in standing as well as sitting and even in quadruped position.

Most of our seniors want to achieve better balance because fall prevention is so very important. If we can teach each of our patient's simple ways to continue to work on balance we can give them a great deal of protection from falling and possibly breaking bones.

As we age our balance decreases. We can offset this with constantly challenging our balance. When we challenge our balance we build new pathways in the brain and this affords us improved stability.

We often hear patients telling us of times where they lost their

balance but they were able to save themselves from falling. They are quite sure that is a result of their balance program.

There are many components of good balance- proper strength, flexibility, sensation, coordination and static and dynamic balance. At North Valley Physical Therapy we will evaluate each of these and we will develop a program that prioritizes what you need to work on most.

Everyone can take a fall or trip once and awhile but if you find that have taken a couple falls in the past year or you have injured yourself due to a fall a physical therapy evaluation is a very good plan of action.

An annual checkup with a physical therapist can be very helpful. You no longer need a doctor's referral to come for a physical therapy evaluation. If you use your Medicare benefit or private insurance a referral is still usually required. We can assist you with getting a referral.

Please call our office today at 818-217-4868 to schedule a physical therapy balance evaluation. If you would like to schedule a tour of our facility and to see our balance program please contact us.



North Valley Physical Therapy is an outpatient physical therapy practice. It is located in the Knollwood Plaza -11858 1/2 Balboa Bl, Granada Hills 818-217-4868 www.NorthValleyPT.com. It is owned and operated by Carla Kazimir PT. Carla is on the Board of Directors for the North Valley Chamber of Commerce and she is a member of the Senior Service Business Council. She has been a member of the American Physical Therapy Association since 1984. North Valley Physical Therapy is a Medicare and Blue Shield Provider. We also bill Workers Comp, and all private insurances

