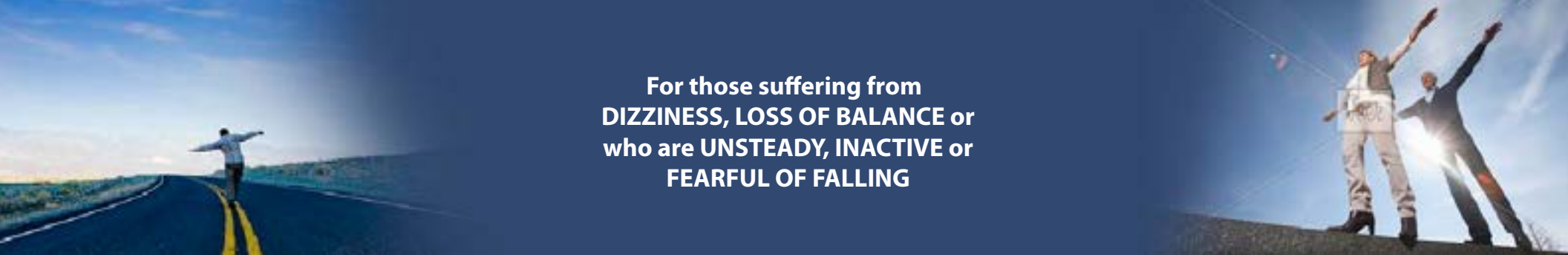


# For those suffering from DIZZINESS, LOSS OF BALANCE or who are UNSTEADY, INACTIVE or FEARFUL OF FALLING



## Balance Restoration and Fall Risk Management

The American Medical Association and the American Academy of Orthopaedic Surgeons have recently identified falling as a significant health risk; falls are dangerous and costly. Every year, one third to one half of the population age 65 and over experience falls; half of them do so repeatedly. Falls cause approximately 350,000 hip fractures annually. They frequently result from disorders of balance and equilibrium.

The American Academy of Otolaryngology has issued a position statement on the treatment of balance related disorders:

*Balance Re-training Therapy is a scientifically based and clinically therapeutic treatment for persistent dizziness and postural instability (static & dynamic imbalance) due to incomplete compensation after peripheral vestibular or central nervous system injury.*



## Which Cases Benefit From Balance Re-Training?

### • VESTIBULAR DISORDERS

Labrynthitis      Meniere's  
Ototoxicity      BPPV

### • NEUROLOGICAL DISORDERS

CVA; Head Trauma  
Parkinson's  
Multiple Sclerosis

### • ORTHOPAEDIC DISORDERS

Skeletal Trauma (fractures)  
Joint Replacement  
Osteoporosis






## How big is the problem?

- One in three adults age 65 and older fall each year.
- Less than 50% talk to their healthcare providers about falling or their fear of falling.
- Among older adults (those 65 or older), falls are the leading cause of death from injury.
- In 2009, about 20,400 older adults died from accidental fall injuries.

## What outcomes are linked to falls?

- 20% - 30% of falls result in moderate to severe injuries; lacerations, hip fractures, or head trauma.
- Falls are the most common cause of traumatic brain injuries (TBI).
- In 2000, TBI accounted for 46% of fatal falls among older adults.
- Most fractures among older adults are caused by falls; Over 95% of hip fractures are caused by falls.
- Fear of falling results in limited functional activities; in turn increasing a person's fall risk.

## What Controls Balance?

- **the eyes** \_\_\_\_\_   
(vestibular-ocular reflexes)
- **the ears** \_\_\_\_\_   
(vestibular disorders; from disease or ototoxicity)
- **the joints** \_\_\_\_\_   
(somatosensory impairment from severe joint trauma or surgery)

Messages go to the brain and are interpreted in the cerebellum, which then directs the muscular system to maintain balance and support. Disorders in any or all of these systems can cause balance problems which can result in a fall.

## State-of-the-Art Equipment

### NeuroCom Smart Balance Master Systems

We utilize the same advanced state-of-the-art balance assessment and re-training technology as that used by NASA to test its astronauts, including U.S. Senator John Glenn. The Smart Balance Master System allows the therapist to objectively measure and quantify the physical impairments brought on by balance disorders and how they cause functional limitations which affect their daily lives; at work, at home and out in the real world, such as in crowded areas. Our system provides testing data for accurate evaluation, planning of balance re-training exercises and documentation for your physician about your condition and progress.



By combining traditional therapeutic exercise techniques with our sophisticated technology, we are able to develop treatment programs that are individually tailored to the patient, using visual feedback, guided exercises and simulated life situations, promoting recovery of your balance disorder.

## Diagnoses/Problems Treated:

<b>Lower Back Pain:</b>	<i>LBP Syndrome, Disc problems, Laminectomy, Sciatica / HNP, Pinched nerves</i>
<b>Neck and Shoulder:</b>	<i>Myositis, Myofascial Syndromes, Pinched Nerves</i>
<b>Foot/Ankle:</b>	<i>Sprains &amp; Fractures; Bunions, Bone Spurs, Plantar Fasciitis; Achilles Tendonitis</i>
<b>Knee &amp; Shoulder:</b>	<i>Frozen Shoulder; Rotator Cuff Syndrome &amp; Impingement, Meniscus &amp; Ligament Tears</i>
<b>Osteoarthritis:</b>	<i>Knee &amp; Shoulder; Neck and Back</i>
<b>Post-Surgical:</b>	<i>Arthroscopy, Joint / Replacement</i>
<b>Muscular Strains:</b>	<i>Lumbosacral, Hamstring, Calf Muscle</i>
<b>Tendonitis / Bursitis:</b>	<i>Tennis Elbow; Rotator Cuff Syndrome</i>
<b>Post Fracture:</b>	<i>Joint Stiffness after Cast Removal</i>
<b>Balance Impairment:</b>	<i>NeuroCom Assessment &amp; Retraining</i>
<b>Vestibular Therapy:</b>	<i>Meniere's, BPPV, Vestibulopathy Fall Risk Management, Parkinson's, MS; Stroke, Concussion</i>

## DID YOU KNOW...

- 30% of people age 65 and older will fall each year.
- 50% of all falls are the result of a vestibular disorder.
- In the U.S. there are 350,000 hip fractures annually, resulting from falls - nearly 1,000 hip fractures daily!
- 30/40% of falls can be prevented.

## How Can Therapy Help My Balance Problem?

Physical Therapy is a form of health care treatment which is intended to identify physical limitations, restore normal function and increase physical performance capabilities.

Our treatment is based on scientific principles of tissue management, manual corrective procedures, therapeutic exercise prescription and advanced assessment and training technology.

## Our Practice:

OrthoBalance PT is dedicated to the care of orthopaedic and neuromusculoskeletal injuries and conditions, in addition to neuro/vestibular disorders for balance recovery and fall prevention utilizing state-of-the-art NeuroCom balance assessment and retraining technology; today's Gold Standard in evidence based functional balance assessment and fall prevention. (<http://www.balanceandmobility.com>)

## Our Director:

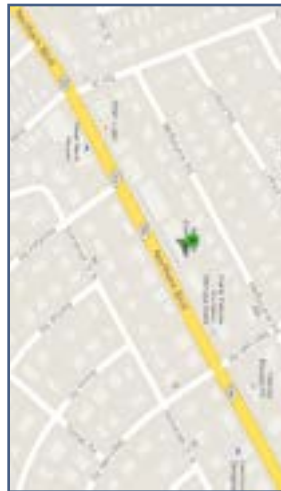
Dr. Attilio S. Pensavalle is a highly educated and skilled Doctor of Physical Therapy. NYS licensed since 1980, his extensive experience spans a broad spectrum of professional areas, encompassing orthopaedic clinical care, clinical education, academia and extensive lecturing in various topical areas in healthcare. Throughout his 32 years of clinical practice.



Dr. Attilio S. Pensavalle, PT DPT

## Credentials and Associations:

Doctor of Physical Therapy; graduate and current faculty of New York University Member, American Academy of Orthopaedic Manual Physical Therapists [AAOMPT] Member, American Society of Shoulder and Elbow Therapists [ASSET] Member, Vestibular Disorders Association [VEDA] Member, Great Neck NY Chamber of Commerce [GNCC] Member, Queens NY Chamber of Commerce [QNYCC]



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**Orthopaedic Physical Therapy**  
**Balance Recovery**  
**Fall Risk Management & Prevention**

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