



737 Pearl Street, Suite 108
La Jolla, California 92037

Phone: 858.456.2114
Fax: 858.456.2103

www.physicaltherapysandiego.com

Am I Balanced?

By Julie Stevens-Hom, MPT, NCS

Balance is an important factor enabling us to do most of our daily activities including walking, standing, and even sitting at the edge of a chair. Optimizing your balance means greater safety and independence with all activities and mobility.

Changes that might occur to our body due to injury, surgery, or age can affect our ability to remain balanced and move with ease. Some clues that your balance is affected include the following:

- watching your feet while you walk
- holding onto furniture while you walk indoors
- holding onto someone's arm while walking outdoors
- avoiding activities such as curbs and stooping to pick up objects from the floor.

The good news is balance can be improved upon with specialized exercise programs. Several body systems need to be addressed including your strength, sensory systems, and balance reactions.

Optimizing your balance and therefore your safety and independence is best achieved with a physical therapist specializing in neurological and balance deficits. Furthermore, performing a home safety evaluation can minimize the risk of tripping and fall hazards. Working with the right professionals will help you live a longer, healthier, and independent life.

Julie Hom, MPT, NCS is the owner of Ability Rehabilitation Specialists, a highly specialized outpatient physical and occupational therapy clinic. They offer the Movement Recovery Program for Stroke and Brain Injury survivors that is covered by most insurances. They also offer group balance classes on Tuesday evenings. To find out more, call (858)456-2114 or log onto www.physicaltherapysandiego.com.