



Why is Balance Important?

Balance allows us to function in our normal everyday life activities, anything from getting out of bed to driving a car. Good balance is important in order to get around, complete daily activities, and to stay independent.



Please visit for more information:

NIH Senior Health
<http://nihseniorhealth.gov/balanceprobelems/>
The Mayo Clinic

<http://www.mayoclinic.org/balance/>
Balance in Daily Life:NeuroCom International
http://www.onbalance.com/patient_info/dailyLife.aspx

Resources for this brochure were located at the above sites.

Contact Us at:

The Fall and Balance Center
Central Michigan University
2103 Health Professions Building
Mount Pleasant, MI 48859

Phone #: 989-774-2341

bridges@cmich.edu

www.chp.cmich.edu/bridges/FBC_1.htm

For appointments please call:

989-774-3904



Balance



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How Balance Works?

Balance is an automatic response, but when systems of the body are disrupted balance also becomes disrupted.

In order for balance to work properly three sensory systems within the body need to be in sync, these systems include: the visual, vestibular (inner ear) and the sense of touch. If these systems are not properly working together one may experience any of the following symptoms:

- Spinning
- Loss of Balance
- Falls
- Dizziness
- Light headedness
- Blurred Vision

In addition to these sensory systems working together your body must be able to complete three crucial steps, which include:

- The sensory system has to provide accurate information.
- The brain must be able to interpret this information.
- Lastly, the muscles and joints must be able to complete the movements in order to maintain balance.

What Causes Balance Problems?

Balance problems may be caused by a number of reasons, below are some possible causes:

- Problems with the inner ear, brain, heart, and/or blood circulation
- Aging
- Infection
- Head Injury
- Medication
- Disturbance in one or more of the sensory systems



How are Balance Problems Diagnosed and Treated?

Balance disorders can be difficult to diagnose, but there are health care professionals who specialize in balance disorders. It is important to determine the cause of the balance disruption because evaluation and treatment will assist in regaining balance.

Due to the complexity of balance disorders, contact your health care professional for further information on treatment options for balance disorders.



Healthy Habits to Live By...

- Be physically active
- Eat a well balanced meal
- Quit Smoking