

Because balance is something the body does automatically, we sometimes take it for granted. Vital in our everyday lives, we use balance to get out of a chair, walk, bend over to put on shoes, wash our hair and drive a car. Just about every daily activity - from work to leisure - requires balance.

Balance problems can cause profound disruptions in your daily life. You may have the sensation of being unsteady, have bouts of dizziness lasting seconds to days or had a recent fall. Balance problems can increase your risk for falls and broken bones, shorten your attention span, disrupt normal sleep patterns and cause excessive fatigue.



The Balance and Mobility Center

at Scottsdale Healthcare Osborn



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Balance & Mobility Center

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Solutions from Scottsdale Healthcare's Balance and Mobility Center

The good news is your balance can be improved. Contrary to common beliefs, loss of balance and mobility are not inevitable as we grow older. Scottsdale Healthcare's Balance and Mobility Center can help. Our specialists are trained in the evaluation and treatment of balance disorders. The treatment plans designed for each individual can help you regain control of your life.



Are you at risk?

To find out if you may be at risk for a fall or have a balance disorder, answer the questions below.

	Yes	No
Have you fallen more than once in the past six months?		
Does the fear of falling limit your activities?		
Do you take medicine for two or more of the following disorders: heart disease, hypertension, arthritis, anxiety or depression?		
Do you feel dizzy or unsteady if you make sudden changes in movement such as bending over, turning in bed, standing up or quickly turning?		
Have you had a stroke or other problem that affected your balance?		
Have you had a hip fracture or a joint replacement in your lower limb?		
Do you experience numbness or loss of sensation in your legs or feet?		
Do you exercise less than 20-30 minutes, three times a week?		
Do you feel unsteady when you walk or climb stairs?		
Do you need assistance to walk (e.g., do you use a cane or walker)?		

If you answered yes to one or more of these questions, you may be at risk. Talk to your physician if you think you may have a balance disorder. He or she can direct you to a qualified specialist at Scottsdale Healthcare's Balance and Mobility Center.

About us

Scottsdale Healthcare's Balance & Mobility Center, located at the Osborn campus, has a multi-disciplinary team of balance and vestibular specialists, consisting of audiologists and physical therapists. They use state-of-the-art diagnostic equipment to perform evaluations and provide treatments to fit your specific needs and help achieve your goals.

**For more information or to
schedule an appointment please
call 480-882-5395**

