

# Inner Balance

*Proactive Vestibular Therapy Plan*



*The Proactive Plan for Care™*

# Balance Adjustment.

As we age, maintaining proper balance becomes more critical to avoid falls and injuries, even as factors such as vertigo (dizziness) become more common. In fact, 80 percent of people over age 65 experience dizziness, with disorders of the inner ear (also known as the vestibular system) accounting for about half of those cases.

Paradigm HomeCare's therapy team has extensive training and experience in treating vestibular issues, so we know how to help you or your loved one achieve your goals.



## Vestibular Therapy Goals

1. Reduce symptoms of dizziness
2. Enhance stability
3. Reduce fall risk
4. Improve balance
5. Improve daily function
6. Promote independence and confidence

*Paradigm's Vestibular Therapy Plan can help reduce the symptoms of vertigo/dizziness.*

## STEP 1 Seeking the source.

The physician will first determine what is causing the symptoms. Usually this is either central vertigo, peripheral vertigo (known as Benign Paroxysmal Positional Vertigo, or BPPV), or a combination of the two.

Depending on the diagnosis, Paradigm's team will then set up a custom therapy program to address the unique needs of the patient.

## STEP 2

### Working it out together.

The Proactive Recovery Plan begins in the comfort of the patient's home, where the physical therapist will help develop a program for a return to more normal activity.



#### The Vestibular Therapy Plan has three components:

**Education.** The therapist will explain what causes dizziness and how to respond to it, along with how to improve the various factors that affect balance.

**Balance Improvement.** Therapy will address vision, inner ear, feet, and strength, and provide strategies to maintain balance should any of these components become weak.

**Strengthening the System.** Specific exercises can help minimize and counteract the normal, age-related loss of strength in the vestibular system. The therapist will also work on head and neck movement, as well as gaze stabilization.



## STEP 3

### Back into balance.

Throughout the program, we will teach the patient how to be their own therapist by learning the exercises and performing them on their own. Self-management is the key to getting the most out of the plan's benefits in the long term.

Paradigm's expertise in education, communication, and therapy offers a proven path to greater independence. Let us help you or your loved one get life back into balance.

# Service Areas

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Paradigm provides home care throughout the following Texas counties:

Anderson	Franklin	Morris	Titus
Camp	Gregg	Rains	Upshur
Cherokee	Henderson	Rockwall	Van Zandt
Collin	Hopkins	Rusk	Wood
Dallas	Houston	Smith	Wise
Denton	Kaufman	Tarrant	

## TYLER OFFICE

777 South Broadway, Suite 200, Tyler, TX 75701

t: 903.581.1223 | f: 903.581.1253

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## DFW OFFICE

2000 N Central Expressway, Suite 209, Plano, TX 75074

t: 972.422.0033 | f: 469.736.0068

Traditional Medicare pays 100% for all physician-ordered home healthcare. Call **888.581.1223** for your **IN-HOME EVALUATION** today.

## Recognized among the top in Healthcare

Year after year, Paradigm HomeCare has consistently been recognized and distinguished among the top home health agencies in the U.S. for efficient delivery of high-quality patient care, improved patient outcomes, reduced hospital and ER visits, and overall patient satisfaction.

**Please visit [www.medicare.gov/homehealthcompare](http://www.medicare.gov/homehealthcompare) to view our ratings and scores.**

