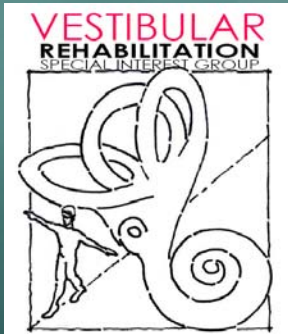


FACT SHEET



Dizziness and Falls

Author: René D. Crumley, PT, DPT, NCS



What can a physical therapist do for people who have dizziness and falls?

Falls and dizziness are common among people over 65 years of age. However, falling should not be thought of as a normal thing that happens as we age. A physical therapist is trained to look at problems with walking and balance and conduct a fall risk assessment. Sometimes the problem may be related to easily treated problems in the inner ear such as Positional Vertigo, a spinning dizziness that comes on with changing positions of your head. Often there is more than one reason for dizziness and falls in the same person.

How does a physical therapist treat people with dizziness and falls?

The physical therapy evaluation will identify problem areas. Taking your personal goals into account, the therapist will develop a treatment plan that targets these problems. Your physical therapist will be able to tailor your plan to meet your goals and address your specific problem areas. The therapist may do a home safety assessment to assess the environmental challenges you face every day in your home. In addition, your physical therapist may recommend that you see a doctor for further testing.

Where can I find a physical therapist that sees people with dizziness and falls problems?

The American Physical Therapy Association Neurology section has a list at the link below.

<http://www.neuropt.org/index.cfm?objectid=80258714-D54B-F4A5-FFFD2F10D430AC20>



1111 North Fairfax Street
Alexandria, VA 22314-1488

Phone: 800-999-2782,
Ext 3237

Fax: 703-706-8578

Email: neuropt@apta.org

www.neuropt.org