

## Why do we screen all our patients for signs of a balance problem?

- ◆ Because balance problems can be the first sign of such serious health problems as brain tumors, Parkinson's disease, multiple sclerosis, diabetes, strokes, high blood pressure, traumatic head injuries and many others. Identifying persons with abnormal balance can be invaluable in the early detection of other serious medical conditions
- ◆ Because good balance is just as important to quality of life as the sense of touch, sight, hearing, taste or smell. Without it, persons of all ages cannot effectively do all the things that people with normal balance can do, such as working, driving, playing, or participating in sports.
- ◆ Because persons with balance problems are much more prone to falls and serious injuries. In fact, the National Safety Council says that falls are the #1 cause of non-fatal injuries and the #2 cause of accidental death in the U.S. **in people of all ages** (National Safety Council, Injury Facts, 2003)
- ◆ Because balance problems are the #1 cause of falls in older persons, leading to broken hips, concussions, other serious injuries, even death. Falls among the elderly are the #1 reason for emergency room visits and the #1 reason for admission to a nursing home

We are pleased to provide this brochure as a service to our patients, to their families and to the other members of our community

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assured

confident

independent

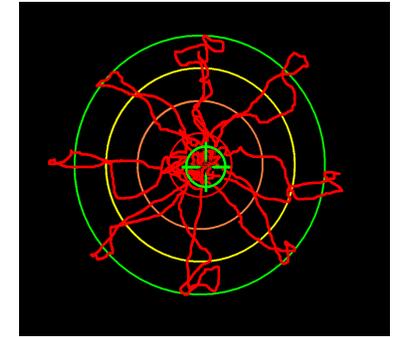
balanced

This brochure is not meant to provide you with medical advice. Only a licensed physician is qualified to provide you with medical advice.

The CAPS™ is a product of  
Vestibular Technologies  
(800) 752-6178  
[www.preventfalls.com](http://www.preventfalls.com)

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## Balance ...



## ...The Sixth Sense

Because good balance is so essential to the quality of life, all our patients are routinely screened for signs of a balance problem ...

... with state of the art equipment and in less than one minute



HELPING PEOPLE REGAIN THEIR BALANCE ... FOR LIFE®

## How will my balance be tested?

We use a product called CAPS™, an extremely sensitive force platform and specially designed software combined in a product that is years ahead of anything else available today (the CAPS™ is so unique, it has been awarded 2 separate U.S. patents, 1 for its design and 1 for the way it works).

The CAPS™ is so sensitive it can display a person's heartbeat and respiration. In fact, it is so sensitive it can even measure the forces caused by someone simply blowing his breath across its surface.

The extraordinary sensitivity of the CAPS™ allows us to measure the otherwise imperceptible, undetectable movements a person is always making when they are standing, even though that person appears to be standing absolutely still.



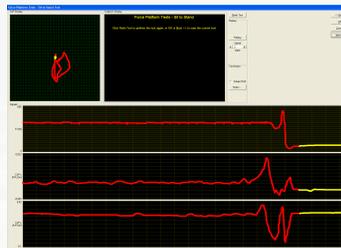
The CAPS™ can detect abnormal balance in a person in just 25 seconds, instantly comparing that person's results to normative data that was established by testing hundreds of persons at a major medical school.

The CAPS™ then generates a report that quantifies the person's balance, providing us with an objective balance score and warning us when the results are abnormal for the person's age.

## If my balance score is abnormal, what's the next step?

We will obtain a necessary medical history from you, check your visual acuity and perform a simple hearing test. We will do a physical evaluation that may include checking your reflexes, sensation, muscle strength and tone, coordination, gait, and stance.

Then we will do a series of simple, non-invasive balance tests, using the sensitive CAPS™ force platform and additional special software. We will also look for signs of nystagmus, a rapid, jerky movement of the eyes that often indicates the presence of a balance disorder.



## Then what?

After all those steps have been completed, we will review the results to determine if your problem originates in your vestibular system, as many balance problems do, your central nervous system, or somewhere else in your body.

If we conclude that your problem would benefit from the type of specialized treatment we are trained to provide, those treatments may then be scheduled.

If we feel it is necessary, you may be referred to a medical specialist for further evaluation and/or more testing.

## If I need treatment, what will be involved, and how long will it take?

The treatments we provide usually involve only some simple, but very specialized manipulations and/or exercises.

During the course of your treatment, you will be tested with the CAPS™ several times. This way, the results of your treatment will be immediately measured and documented. Some patient's CAPS™ scores are higher after having only one treatment. Others require multiple treatments and multiple CAPS™ testing before they achieve optimum results.

Most of our balance patients experience an immediate improvement in their balance following treatment. In fact, many experience a dramatic improvement.

In a small percentage of cases, a treatment may actually make your balance temporarily worse, but when that happens we will know it immediately because your CAPS™ score will instantly reflect a change. We will then "reverse direction", modify the treatment and test you again.

As mentioned before, after treatment most of our patients experience great improvements not only in their balance, but more importantly in their overall quality of life!

