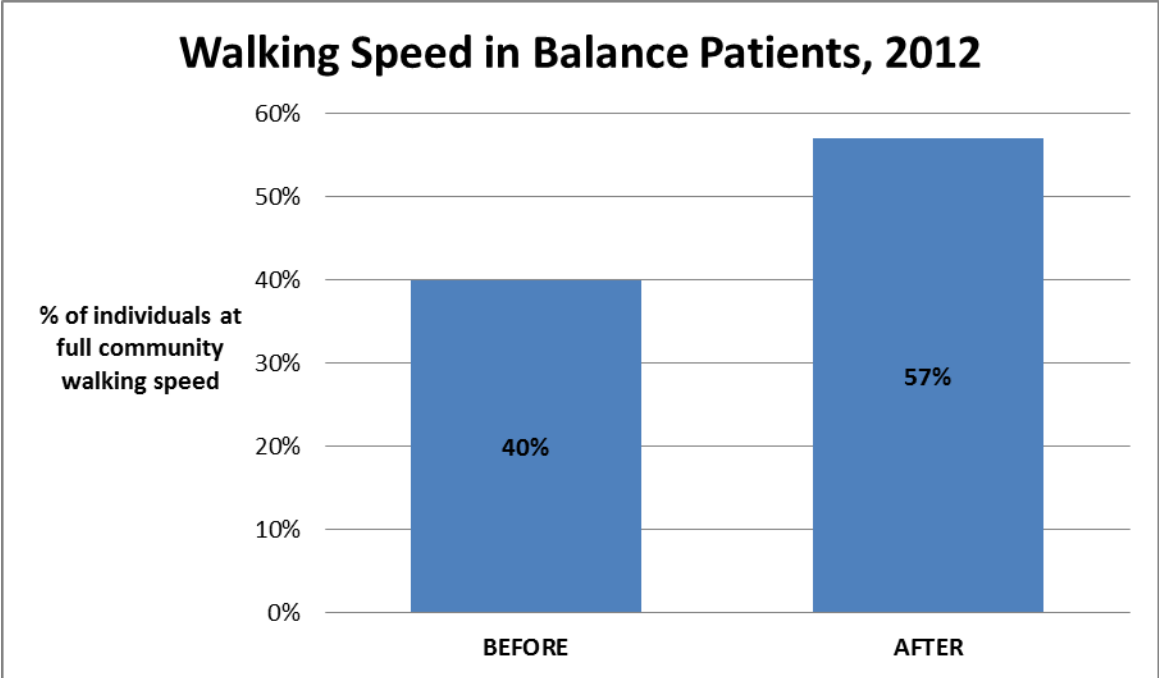


A fall can have serious health consequences. We test our patients' balance before and after they participate in our Beyond Balance program to determine their risk of falling. This graph shows that the scores of those who completed balance therapy with us improved significantly. Before our program, 71% were at a high risk for falls.* But after therapy, the percentage of participants still at high risk was reduced to only 26%.

*We use the Berg balance test, a widely used tool backed by a wealth of data. A person with a high fall risk is identified as one with a Berg balance test score of 45 or less (out of a possible 56 points). These results are from 2012, when we had 126 participants.



People need to be able to walk at a speed that allows them to get safely to the grocery store, to church, to restaurants and other things we enjoy outside of our homes. We measure walking speed in individuals who come to our balance therapy program. In 2012, at the start of their Cone Outpatient Beyond Balance Program, only 40% of participants could walk at full community walking speed.* After doing therapy with us, the number who were able to walk at these faster speeds increased to 57%, enabling many more of our rehab graduates to live fulfilling lives in their community.

*Full community walking speed is defined as 2.62 feet per second or faster, and is based on evidence from multiple studies. Our data included 126 people.