

## Locations

Burlington:  
1240 Huffman Mill Road  
Burlington, NC 27215  
336-538-7500

Greensboro:  
912 Third Street, Suite 102  
Greensboro, NC 27405  
336-271-2054

Reidsville:  
730 S. Scales Street, Suite A  
Reidsville, NC 27320  
336-951-4557

For more information, please visit  
[conehealth.com/balance-rehab](http://conehealth.com/balance-rehab)

### Our Purpose

Together we create unsurpassed  
health care experiences.

### Our Intent

We are the leader in delivering  
integrated, innovative health care.



**CONE HEALTH®**  
The Network for Exceptional Care

# Outpatient Rehabilitation Balance and Vestibular Rehabilitation



**CONE HEALTH®**  
**Rehabilitation**

Today's challenge. Tomorrow's triumph.

## Balance and Fall Prevention Program

The Cone Health Outpatient Balance and Fall Prevention Program is a comprehensive program that provides physical therapy services to evaluate and treat balance disorders. Our goal is to help improve the quality of life and mobility for people experiencing imbalance or falls.

There are many reasons balance can be impaired, such as:

- Changes in vision, inner ear function and sensation.
- A history of orthopedic problems such as low back pain, arthritis and joint changes, which lead to decreased range of motion needed for balance.
- Changes in posture, which can lead to unsteadiness.
- A variety of illnesses, which can decrease overall mobility and lead to weakness or decreased endurance.
- Fear of falling.

Treatment by a physical therapist for balance may include:

- A comprehensive evaluation of strength, balance and mobility.
- A treatment program specifically designed to address your personal limitations.
- Strength training and stretching to improve overall mobility.
- Postural training.
- Gait training and evaluation of appropriate assistive devices.
- Fall prevention and safety education.
- A personalized home exercise program and guidance on long-term wellness programs to maintain your progress.

## Vestibular Rehabilitation Program

The Cone Health Outpatient Vestibular Rehabilitation Program is designed to treat people experiencing dizziness, vertigo and inner ear dysfunction. Our goal is to help people improve their mobility while managing their dizziness at the same time.

There are many reasons dizziness can occur, such as:

- Positional vertigo
- Inner ear infections
- Migraines
- Meniere's Disease
- Brain tumors
- Stroke
- Brain injury
- Other nervous system diseases



Treatment by a physical therapist for vestibular rehabilitation may include:

- A comprehensive evaluation of vertigo symptoms, balance, and general functional mobility.
- A treatment program specifically designed to address your personal limitations.
- Exercise and daily activities to help decrease vertigo.
- Strategies to cope with your symptoms and tolerate movement.
- A personalized home exercise program and guidance on long-term wellness programs to maintain your progress.