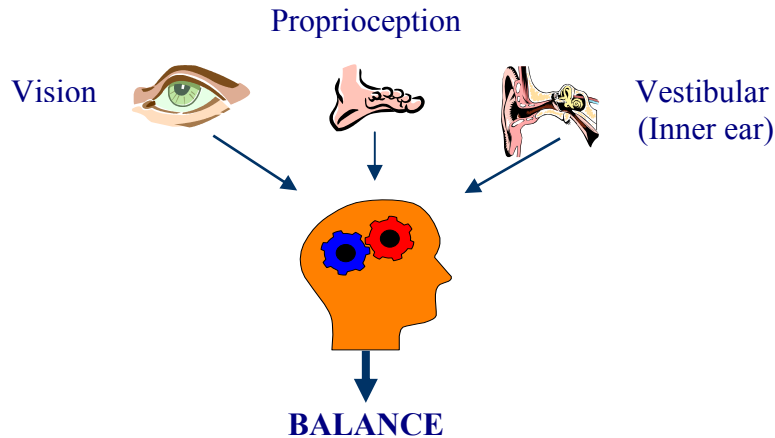


Components of Balance



Sensory Deficits Which May Cause Dizziness and/or Balance Problems

Vision

- Cataracts
- Macular degeneration
- Glaucoma
- Strabismus (lazy eye)
- Poor visual acuity

Proprioception

- Muscle weakness
- Peripheral neuropathy
- Decreased joint integrity (arthritis)
- Decreased range of motion
- Poor posture
- Pain/Injuries

Vestibular

- Inner ear infections
- Tumors
- Benign Paroxysmal Positional Vertigo (BPPV)
- Exposure to toxins (Ototoxicity)
- Concussions/Head trauma
- Fluid problems (Endolymphatic Hydrops or Meniere's Disease)
- Tears/Ruptures (Perilymph Fistula)

Other Factors Which May Cause Dizziness and/or Balance Problems

Neurological Disorders

- Parkinson's disease
- Multiple Sclerosis
- Stroke
- Cerebellar Atrophy
- Alzheimer's/Dementia
- Traumatic Brain Injury

Other Causes

- High or Low Blood Pressure
- High or Low Blood Sugar
- Medications
- Heart Disease
- Migraines

Treatment Options

Medical

- Pharmacological
- Lifestyle Changes
- Surgical Options

Rehabilitation

- Specialized Physical Therapy
- Patient Education
- Home Exercise Program

