

Balance & Fall Screenings  
and  
Group Classes  
*Coming Soon!*



Balance Challenge™  
OSTEO FIT™

Provided By



Located at:

1030 South Arroyo Parkway  
Suite 140  
Pasadena CA, 91105

Visit us on the web at

[www.ArroyoPhysicalTherapy.com](http://www.ArroyoPhysicalTherapy.com)

Email: [contact@arroyophysicaltherapy.com](mailto:contact@arroyophysicaltherapy.com)

Tele: 626-593-2283

Fax: 626-593-2284



*Service Provider*  
[www.BalanceTherapy.com](http://www.BalanceTherapy.com)

LOCATIONS IN:

Beverly Hills    Santa Monica    Pasadena

## Testing and Treatment for Dizziness, Falls and Balance Disorders



Making your daily life fun and functional again!

The most **comprehensive** diagnostic  
testing, evaluation and treatment for Balance,  
Fall Prevention, Dizziness, BPPV  
and  
Vestibular Disorders

## Balance Vestibular VAT / ENG Testing

Statistics show that nearly 1/2 of all accidental deaths among the elderly are a result of a fall. Reports of falls, dizziness and imbalance are one of the most common complaints to physicians, yet surprisingly most patients and physicians are unaware that these conditions can be treated effectively with specialized testing and treatment by Physical Therapy.

### Causes of Dizziness, Imbalance and Falls?

- Middle Ear Infections
- Allergies
- Toxic exposure to medicine or chemicals
- Strokes and Head Injury
- Poor Physical Conditioning
- Diabetes, Neuropathy and Metabolic disorders

Due to the many potential causes, proper testing and physical evaluation is necessary to implement and ensue proper medical treatment and therapy.

Arroyo Physical Therapy offers you and your physician specialized diagnostic testing and treatment for balance and vestibular disorders.

### Types of Testing and Evaluations

- Electronystagmography (ENG)
- Vestibular Autorotation Test (VAT)
- BPPV
- Advanced Postural, Balance & Fall Screening

These accurate, noninvasive and comfortable diagnostic tests and evaluations require no medication. Our therapy programs are recognized as one of the most safe and successful treatments for dizziness and helping to restore functional mobility, balance and gait.

## Physical Therapy Evaluation and Treatment

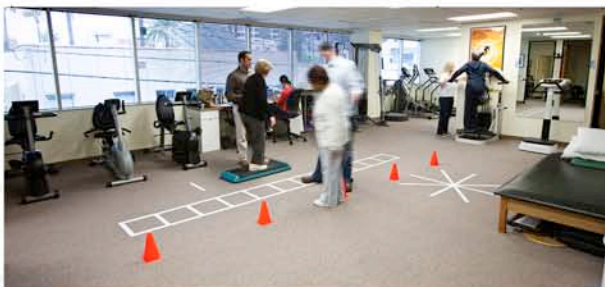
### Clinical Balance Evaluation

Once the origin of the balance disorder has been determined through diagnostic testing, the patient is given a clinical evaluation. The goals of the evaluation are to assess physical performance with encountered environments, establish baseline measures, fall risk, and to determine the most appropriate type and level balance exercises.

Arroyo Physical Therapy utilizes some of the most comprehensive clinical assessment tools available. Sensory integration, gaze stability, dynamic balance, posturography and gait tasks are rendered to simulate a wide variety commonly encountered daily activities. Functional performance values, as well as diagnostic results, are analyzed to determine the most appropriate form of therapy needed.

### Balance Therapy consists of:

- Fun Computerized Programs
- Strengthening
- Safety awareness
- Postural and balance exercises
- Gait exercises
- Vestibular stimulation
- Proprioception tasks
- Sensory integration
- Patient education



## Additional Services and Insurance

**PHYSICAL THERAPY**  
Ortho and Neuro Out-Patient Rehab  
One on One for 50 Minutes

**LIGHT Therapy**  
Treatment for Neuropathy,  
Chronic Pain and Arthritis



MEDICARE and most Private Insurances  
Accepted

Competitive Pricing for CASH Pay

**PERSONAL TRAINING**

**BARIATRIC REHAB**

**SENIOR FITNESS**

**CONCIERGE MEMBERSHIPS**