



UNIVERSITY of MARYLAND MEDICAL CENTER

*A proud member of the University of Maryland
Rehabilitation Network*

BALANCE PROGRAM

There are a variety of reasons why a person may feel dizzy or “off balance,” some of which may be connected to a medical issue. Vertigo and inner ear problems can also create a sense of dizziness or lack of balance. In other cases, patients may feel unsteady following a surgical procedure or as they are recovering from a traumatic brain injury or stroke. Regardless of the cause, these sensations— if left untreated— can lead to falls and a loss of function.

At the **University of Maryland Rehabilitation Network**, we work to understand the underlying issues causing patients to feel unsteady. We then implement a comprehensive rehabilitation plan to help them gradually regain muscle strength, range of motion and use of their balance systems to reduce the risk of falls and improve their stability and quality of life. The experts who are part of our clinical teams specialize in **balance and vestibular rehabilitation** as well other therapeutic activities that are designed to help patients get back and stand on their feet.

Unlike what you would find at other local rehabilitation centers, the therapists at the University of Maryland Rehabilitation Network can perform maneuvers, including the Epley or Modified Epley Maneuver, to treat the most common vestibular disorder, BPPV (Benign Paroxysmal Positional Vertigo). This unique capability allows us to fully evaluate the factors that impact balance and implement the right therapies for recovery.



WHAT YOU CAN EXPECT FROM THE UNIVERSITY OF MARYLAND REHABILITATION NETWORK'S BALANCE PROGRAM:

1. A **comprehensive evaluation**, allowing our team to clarify why you are experiencing balance issues and what can be done to minimize or eliminate them.
2. Application and use of **state-of-the-art technology** as we conduct our initial assessments to identify balance challenges and solutions.
3. Development of an **individualized therapy plan**, with short- and long-term goals outlined to help you succeed.
4. Instruction and guidance on a wide range of **activities and exercises** that will naturally improve your balance and confidence.
5. **Ongoing evaluation** throughout your treatment to monitor your progress, celebrate your accomplishments and identify new goals as appropriate.
6. **Support** from a team of trained therapists who specialize in the treatment of medical conditions that impact balance and who are committed to helping you improve.

To make an appointment with one of the physical therapy balance specialists, please call **410-328-7725** or **410-328-0586**.

www.umms.org/rehabnetwork