

## Why Physiotherapy for Falls Prevention?

Physiotherapy can help improve:

- Balance
- Joint mobility
- Muscle strength
- Bone density
- Flexibility
- General health and wellbeing
- Independence
- Confidence

*Concerned about your balance but still active in the community?*

*Our **Falls and Balance Group** might be right for you.*

*Clinic appointments are available  
Mondays & Tuesdays.*

*Please enquire at CRC for  
further details.*

If you, a family member or client are concerned about balance and would like to be seen by the Falls & Balance Physiotherapist, referrals can be made to the Community Rehabilitation Centre.

**Cost**     \$10 concession  
              \$15 no concession



Published 8/7/2015

## Swan Hill District Health Falls & Balance Clinic



### For more information contact:

Community Rehabilitation Centre

Swan Hill District Health

Swan Hill, 3585

Ph: (03) 5033 9321

8.00am-4.30pm

Published: February 2015. Reviewed August 2017



**Swan Hill**  
District Health  
*my hospital*

## What is the Falls & Balance Clinic?

Falls-related injuries are the leading cause of hospitalisations for those over 65 in Australia. Many people experience problems with balance or dizziness that can impact their daily life.

Dizziness and vertigo are common symptoms relating to problems of the inner ear, where our internal balance organs lie.

There are many reasons as to why these issues occur.

The Falls & Balance Clinic is a service for assessment and management of balance or vestibular related concerns for clients living in the Swan Hill region.

## What does the Falls & Balance Clinic Offer?

The Falls & Balance Clinic offers a variety of services, including:

- ⇒ Assessment of:
  - Vestibular symptoms / dizziness
  - Static balance
  - Balance during mobility
  - After a fall
- ⇒ Education to clients and their families / carers, including how to get up off the floor after a fall
- ⇒ Exercise programs
- ⇒ Walking aid assessment
- ⇒ Vestibular Rehabilitation Therapy (VRT)
- ⇒ Referral to other services as required

The Falls & Balance Clinic offers services from a vestibular-trained Physiotherapist, who works in collaboration with:

- ⇒ GPs
- ⇒ Specialists
- ⇒ Other Allied Health clinicians



## Who can attend the Clinic?

Referrals are received from Doctors, community services, case managers, specialist services and other health professionals as well as self-referrals.

You can also self-refer.