

NEW ENGLAND REHABILITATION HOSPITAL'S SAFE STEPS BALANCE TRAINING & FALL PREVENTION CENTER

New England Rehabilitation Hospital has developed the Balance Training and Fall Prevention Center to reduce or eliminate fall risks in patients who present with a history of falls or near falls. Research indicates the incidence and risk of falls in older adults can be dramatically reduced through a regimen of exercise, therapeutic activities, education and training.

What types of patients are commonly treated at the Balance Training and Fall Prevention Center?

- Generalized Deconditioning / frail elderly
- Stroke
- Anyone with a known fall history
- Vestibular Dysfunction
- Amputation
- Parkinson's Disease
- Musculoskeletal Dysfunction
- Multiple Sclerosis
- Total Joint Replacement / Fractures
- Traumatic Brain Injury
- Peripheral Neuropathy

ABOUT OUR PROGRAM

Each patient will receive a comprehensive evaluation including a battery of field tests assessing balance, gait and risk of falling. Central to each patient evaluation is the identification of causative factors contributing to a patient's history of falls or near falls to include muscle weakness, poor endurance, coordination or balance, decrease proprioception, gait deviations or vision difficulty.

NEW ENGLAND
REHABILITATION HOSPITAL

A FIVESTAR  QUALITY CARE HOSPITAL

AT WOBURN

2 Rehabilitation Way • Woburn, MA 01801

781-935-5050

www.newenglandrehab.com

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TREATMENT OPTIONS

- Fall risk assessment and treatment using the Biodex SD4 Balance Trainer
- Gait training
- Assistive/adaptive device prescription and training
- Core trunk and extremity strengthening
- Flexibility training
- Vestibular rehabilitation
- Balance and proprioceptive training
- Home safety education and assessment
- Orthotic and footwear prescription

Patient education and home safety are key considerations when developing a comprehensive balance and fall prevention treatment plan. At New England Rehab's Balance Training and Fall Prevention Center, a comprehensive home assessment tool will be completed on each patient. Management of home safety concerns is incorporated into the patient's plan of care through education, treatment and coordination of community based resources.

Other resources available to our patients are:

- Discount Lifeline® services
- A directory of reputable contractors who perform home modifications
- Area assistive/adaptive equipment vendors
- Post-discharge "balance class"
- Orthotic fabrication and management
- Educational lectures on fall-related topics



HOW DO I MAKE A REFERRAL?

For more information, or to make an appointment, please call 781-939-1900. Appointments are available Monday thru Friday from 7am to 6 pm. All major insurances are accepted.