



Live Vibrantly.

DID YOU KNOW...

VibrantCare Rehabilitation provides a comprehensive balance training and fall prevention program?

When the body is thrown off balance, there are a normal series of specific “righting reactions” that the body goes through to keep itself from falling. As we age, the body begins to lose control of that ability and eventually the balance reactions can become sluggish and not as responsive.

VibrantCare Rehabilitation provides a comprehensive balance training and fall prevention program that determines a patient’s risk of falling by evaluating his or her reaction times and righting abilities. The therapist can design specific balance training exercises that can help the body “practice” the balance righting series and allow those reactions to be more automatic.

Program Includes:

- **Balance Screening**
- **Fall/Risk Assessment**
- **Postural Strategy Training**
- **Multi-sensory Training**
- **Gait Training**
- **Strength and Endurance Training**



For more information or questions regarding VibrantCare Rehabilitation’s Fall & Balance Training Programs, please contact Theresa Henley at 510-225-8401.

Visit us online at www.vibrantcarerehab.com