

*Fall Trak and
Balance Trak
Program*



*Restore your
Freedom!*

CLINICARE
2317 Broadway
Santa Monica, CA 90404
(310) 829-BACK
- 2 2 2 5

- **Fear of falling?**
- **Dizziness?**
- **Vertigo?**
- **Balance loss?**

**If you have
any of these
symptoms,**

WE CAN HELP

**Call today for an
appointment!**

**MEDICARE
APPROVED**

**MEDICARE,
BLUE CROSS
AND BLUE
SHIELD
PROVIDERS**

Fall Trak and Balance Trak Program

At CliniCare, we specialize in assessing and treating people who suffer from dizziness and loss of balance. We realize that it is very difficult to live with a fear of falling, and we know that this fear can limit you in the choices you make every day. It is our goal to help you realize that you do not have to live with dizziness and that you can renew your confidence and independence with the proper training and rehabilitation.

As we increase in age, our bodies can start to lose the ability to maintain proper balance, and can therefore, make us more vulnerable to falling or losing our balance. Balance is monitored by the coordination system of the body, including how the eyes and inner ears, muscular and nervous systems communicate. If one or more of these systems is not functioning at an optimum level, a person can begin to develop dizziness, otherwise known as “vertigo.” As our bodies increase in age, there might also be an associated loss of muscular strength, adding to the inability to hold ourselves steady when our eyes and ears are playing tricks on us. It is important to determine what area of your “balance system” is not communicating properly.

Take for example the following statistics

- For individuals over 65, the most common reason to visit the physician is dizziness.
- Older people fall more often, with women falling more often than men.
- Over two million people in the US fall and sustain serious injury every year, with 50% of people over 65 falling at least one time per year.
- Most falls occur in the bedroom, bathroom, kitchen or areas where lighting is dim.
- Falling is the leading cause of fatal and non-fatal injuries to people over 65.
- Not to scare you, but if you are over 75 and you fall, you have a 50% chance of dying within 12 months.

Comprehensive Rehabilitation Program for Balance and Fall Prevention

At CliniCare, we offer state-of-the-art, computerized diagnostic and therapeutic rehab program specifically designed to help reduce your dizziness and loss of balance. It includes Fall Trak and Balance Trak diagnostic testing, Video ENG and complete therapy program to address and imbalances found. This program is **Medicare Approved**, and with a supplemental insurance plan, there is no out-of-pocket expense! Our facility is on panel with Medicare, Blue Cross and Blue Shield, providing care at a fraction of the out-of-pocket-costs other clinics may charge.

If you find that your life, or the life of a loved one, has been impacted by a fear of falling, by “vertigo” or balance problems, you owe it to yourself to see what options there are. At CliniCare, we want to teach you how to rehabilitate these imbalances, and we want you to realize that you can renew your independence and confidence.

Call (310) 829-BACK for your appointment today!