



The Amazing Balancing Act

We don't usually think about balance until something feels different. But think about everything your body does when you stand up, walk, turn around or climb stairs. Staying upright takes information from several parts of your body, all working together.

What Helps You Stay Balanced?



Your **eyes** help your brain understand where you are and what is around you.



Nerves in your **feet, muscles and joints** send information about where your body is and how it is moving.



Your **inner ear** senses movement and changes in position.



Your **brain** combines these signals and tells your muscles how to adjust to keep you upright.

Balance Changes With Age

As we get older, changes in vision, strength, flexibility, sensation and reaction time can affect balance. The CDC recommends that adults 65 and older have their fall risk checked at least once a year.

A balance assessment can help identify what may be affecting your stability and what you can do about it. Physical and occupational therapists can evaluate how you move and provide exercises and strategies to improve balance, strength and coordination.

Have concerns about your balance? Talk with your doctor and ask if physical or occupational therapy could help.