



Normal daily activities require your ability to control your balance. Consider activities such as walking, getting out of a chair, getting dressed, reaching down to pick something up or put on your shoes.

If you have a problem with balance or dizziness you will have difficulty with these simple tasks. Poor balance relates to falls. And falls are the leading cause of injury death.

The ability to maintain balance is identified as one of the most critical aspects of fall prevention. To help determine if you may be headed for a fall, take the Balance Self Test below. If you answer yes to one or more of the questions, you could be at risk. The best way to determine if you have a problem, though, is to talk with your physician who might recommend that you get a balance screening test from a qualified clinician. A listing of clinicians specializing in balance disorders is posted on the BalanceandMobility.com web site under "Getting Help."

1. Have you fallen more than once in the past year Yes _____ No _____
2. Do you take medicine for two or more of the following diseases: heart disease, hypertension, arthritis, anxiety, and depression Yes _____ No _____
3. Do you feel dizzy or unsteady if you make sudden changes in movement such as bending down or quickly turning. Yes _____ No _____
4. Do you have black-outs or seizures? Yes _____ No _____
5. Have you experienced a stroke or other neurological problem that has affected your balance? Yes _____ No _____
6. Do you use a walker or wheel chair, or do you need assistance to get around? Yes _____ No _____
7. Are you inactive? (Answer yes if you do not participate in a regular form of exercise, such as walking or exercising 20-30 minutes at least three times a week.) Yes _____ No _____
8. Do you feel unsteady when you are walking, climbing stairs? Yes _____ No _____
9. Do you have difficulty sitting down or rising from a seated or lying position? Yes _____ No _____

If you answered "yes" to one or more of the above questions, then you could have a balance problem and should consult with your physician. This test has been printed with the permission of BalanceandMobility.com.

For further information, please contact the Greater Omaha Chapter of the National Safety Council at 402-896-0454.

BALANCE SELF TEST