

# YOUR SAFETY IS OUR PRIORITY

A Physician-Guided Program to Measure Strength, Balance, Stability and Fall Risk.



## PROGRAM & SERVICE



### REDUCE RISKS

Identify underlying factors and manage based on severity.



### MAXIMIZE RECOVERY

Facilitate to the most appropriate services for your current needs.



### INTERVENE & MONITOR

Monitor gains to ensure successful outcomes of interventions.



### RETURN to INDEPENDENCE

Your provider will use the results from the SAFE BALANCE program to facilitate a return to maximum independence.

## TALK TO YOUR PROVIDER ABOUT...

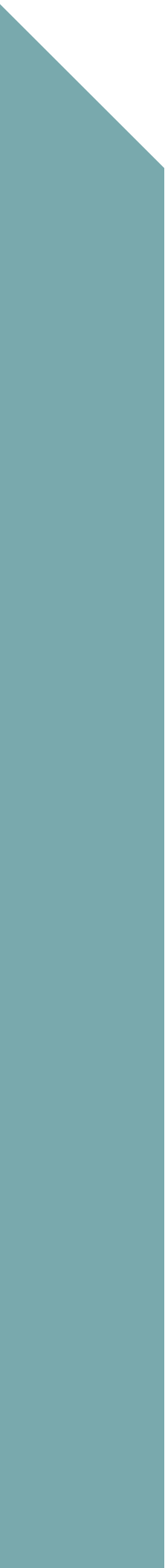
- Any trouble with balance or getting out of a chair.
- Any prior falls, when and how they happened.
- Side effects noticed with medications you take.
- Any difficulty with walking or stairs.
- Pain associated with certain movements.
- Any episodes of urinary urgency.

## HOW THE SAFE BALANCE PROGRAM WORKS

Your provider has determined that it is important to measure your strength, balance, stability and fall risk as a part of your care. By answering screening questions, performing simple balance assessments, and discussing other important topics with you, valuable information is gathered on underlying risk factors that can be effectively managed. With this information, your provider will custom-tailor an intervention framework based on your current needs through referrals, support services, education, and/or additional testing.

Additional Educational Resources Found At:  
[www.safe-balance.com/patient-resources](http://www.safe-balance.com/patient-resources)





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