

Rebound Back to Balance



How to Improve Proprioception & Balance

The therapists of Hometown use safe, fun, exercises that challenge your balance. As you master these exercises, you improve the sensitivity of your proprioception. As you learn to overcome each new exercise, our therapists bring new tools and new exercises that become progressively more challenging. This progression of balance training enables you to reach your maximum balance potential at your own pace.

Improving flexibility and *range of motion* also improves proprioception. *Range of motion* means how far you can move a particular joint. For instance, how far can you raise your leg and how far can you point your toe downward? Tight muscles and tendons send limited information about position to the brain. More flexible muscles and tendons send more appropriate information to the brain and thereby enhance your proprioception. Hometown's Rebound Back to Balance program includes activities designed to improve your proprioception by improving your range of motion.

The First Step to Balance: Proprioception

Proprioception works as a primary component of balance. When you close your eyes and raise your arm, you should still know exactly where your arm is, even though you can't see it. Muscles and tendons send signals to your brain about how they are stretched and bent. Your brain then interprets the signals and determines where your body is. Sensing where your body is based on signals from muscles and tendons is called proprioception.

When a person finds that he or she stumbles, falls, trips, or loses balance more often than seems entirely safe, bad proprioception often shares the blame. When it comes to balance and preventing falls, proprioception works much faster than your eyes or your sense of touch. When you are about to lose balance, proprioception should send warning signals from your feet, legs, and hips long before your eyes can sense a problem. Fortunately, the therapists of Hometown Home Health know how to improve your proprioception.

Quickness & Strength

Have you ever tripped and not recovered your balance quickly enough? Hometown therapists will guide you in techniques that can improve your quickness. The ability to move more quickly helps make your movements more accurate. Recoveries from a loss of balance happen with less effort.

Strengthening the legs helps improve balance, but other muscles are just as important if not more important to balance. Your core muscles (stomach, back, gluteal, etc..) control your ability to maintain a balanced posture. When you can better maintain a balanced posture during activity and with endurance, your ability to maintain good balance increases.

Insurance

Insurance pays for Hometown's *Rebound Back to Balance* program when your doctor certifies that you are at risk for a fall injury. If you meet Medicare's definition of "homebound," Medicare pays 100% of the costs under your home health benefit. Others can pay for a *Rebound Back to Balance* program under their insurance's physical therapy benefit.

***Protect Your Independence. Improve Your Safety.
Call Hometown Today. Toll-Free (888) 852-3310***



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