

## Elements of a Thorough Balance Program

Hometown's Rebound Back to Balance program emphasizes proprioceptive adaptation (see inside of brochure). However, Hometown's Rebound Back to Balance can include multiple elements designed to maximize your safety and ability.

**Proprioceptive Adaptation:** see inside . . .

### **Strength Training**

### **Improvements with Quickness**

**Anodyne Therapy:** This cutting edge technology uses light therapy to improve circulation in your feet. Research suggests that this therapy improves sensation in the feet and reduces the risk of fall injuries.

**Home Safety Consultation:** most fall injuries occur at a person's residence. If you live in your own home, Hometown nurses or therapists can visit your home and consult with you on simple enhancements likely to improve your safety.

**Falling Techniques:** Hometown therapists can teach you techniques that will minimize risk of injury from falls that do occur.

**Gait Training:** How high you raise your feet, the orientation of your toes when you walk, and many other issues affect the safety of your normal walking. Walking more safely is just a matter of learning new walking habits.

**Customized Home Exercise Plan:** Before your program is finished, Hometown therapists will teach you a few, simple exercises that you can perform on your own. This will help you maintain your accomplishments for years to come.



## Service Area

Selected cities in the counties of:

Lapeer	Wayne	Tuscola
Sanilac	Livingston	Clinton
Shiawassee	Genesee	Ingham
St. Clair	Oakland	Saginaw
Macomb	Huron	

Toll-Free Phone: (888) 852-3310

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CHAP Accredited

# Rebound Back to Balance

Prevent Fall Injuries  
Protect Your Health & Independence  
Lead a More Active Life



Did you try traditional physical therapy for balance problems?

Did it fall short of your goals?

Now try a totally new proprioception program called **Rebound Back to Balance** by

