**Why Balance Therapy?**

Many people can benefit from a balance therapy management program, including those who experience or suffer from:

- Sustaining a head injury or stroke
- Injuries or infections affecting the inner ear
- Periods of dizziness or light-headedness, especially when making sudden movements
- Migraine headaches
- Visual impairments
- Lower body weakness or loss of flexibility, making them susceptible to falling
- Neurologic disorders such as Multiple Sclerosis or Parkinson’s Disease
- Difficulty standing from a seated or lying position
- Unsteadiness while walking

**Benefits of Balance Therapy**

Our physical therapists will evaluate you and develop a custom exercise program. These exercises are geared toward helping you improve your balance by:

- Improving your gait pattern
- Improving lower limb and neck flexibility and strength
- Teaching you to compensate for visual, sensory, or inner ear deficits
- Decreasing symptoms
- Improving physical activity
- Improving functional ability

**Location**

Balance Therapy is conveniently located in our Butler office, with evening and weekend hours available.

460 East Jefferson Street (in the DiCuccio Building)
Butler, PA 16001

Call to schedule an appointment or more information 724-284-4825

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**BALANCE THERAPY**

Balance problems make it difficult to maintain stable and upright positions when standing, walking, and even sitting. The physical therapists at BHS Rehabilitation Services develop individualized physical activity plans to help improve strength, stability, and mobility.

**Employment Testing**

We provide Employment Testing in conjunction with WorkSTEPS, the foremost national employment testing company in the U.S. Tests performed include Functional Capacity Evaluations (FCEs), Post Offer Pre-Employment Testing, and Fit for Duty Testing.

For more information on BHS Rehabilitation Services or the WorkSTEPS program, contact Jane Collins at 724-284-4825.
BHS Rehabilitation Services offers a team approach in creating an individualized program tailored to treat your specific needs and help you achieve your wellness goals.

You will receive a comprehensive, individual evaluation by one of our physical therapists. We typically assess your strength, flexibility, functional ability, range of motion, sensation, neurological status, and look for muscle spasms and trigger points. Depending on your diagnosis, we may also assess your gait, coordination, balance or other relevant body systems.

Your therapist will then design an individualized program to address any deficits found in the evaluation and begin a treatment program to address them. You'll be given instructions on how to carry through with and begin a treatment program to address any deficits found in the evaluation and advanced competency in treating balance and vestibular disorders, orthopedic conditions, TMJ problems, and aquatic physical therapy.

Why Aquatherapy?

Aquatherapy is an excellent alternative for people who find regular physical therapy too painful or difficult. It can help people recovering or suffering from:

- Orthopedic-related surgery, including joint replacements
- Arthritis
- Conditions causing balance problems
- Any condition in which exercising on land is too painful
- Multiple trauma conditions

With the reduced joint compression on the spine and lower extremities in the water, people who otherwise would be unable to perform certain exercises, including aerobic exercise, can often do so. Children with conditions such as cerebral palsy can also benefit from Aquatherapy.

Benefits of Aquatherapy

Benefits of Aquatherapy include increased flexibility, strength and balance. Because of water’s buoyancy, your body is “cushioned” and you feel less pain during exercising. Additionally, you won’t need to worry about falling or aggravating an existing injury.

The gentle resistance of water reduces the likelihood of getting hurt, increases range of motion and strengthens weakened muscles.

Location

With an office located inside the Butler YMCA, our therapists have nearly unlimited access to the therapeutic pool. After an evaluation, our therapy team will work closely with you and your doctor as you work toward rehabilitation.

Butler YMCA
339 North Washington Street, Butler, PA 16001
Call to schedule an appointment or for more information
724-284-4825