

PREScription FOR THERAPY OF BALANCE DISORDERS

Patient Name: _____

Patient Age: _____ Date: _____

Doctor: _____

Diagnosis: Based on objective studies which are: _____

Therapist: Please utilize extreme caution. The patient is subject to dizziness and falls. Do not allow the patient to injure themselves under any circumstances.

GAZE STABILIZATION ABNORMALITY (97533):

Focus on card at an 18 cm distance, move head back and forth then from object to object (2 cards 30 inches apart). Repeat 20 times. Then perform up and down head movement 20 times.

GAZE ABNORMALITIES – BALL CATCH (97530):

Sit and catch, sit and bounce the ball off a wall, pitch and catch with a partner, stand and repeat these exercises 20 times.

BALL IN A CIRCLE (97112):

Move the basketball in a large circle over your head, to the left side, between your knees and up to the right side 20 times, then repeat.

Ball in direct sight at all times.

ANKLE AWAY (97110):

Start with your feet shoulder-length separation, and sway, move your body in a small circle 20 times. Must have feet on the floor flat, do not rise to toes or heels. As you sway slightly, observe a fixed target, 10 feet away, 20 times. Have the target moving, and sway front to back 20 times and side to side 20 times.

VIDEO GAMES (97833):

First person setting: hitting a target by shooting, basketball, baseball, whatever is desired.

GAIT RETRAINING FOR IMBALANCE

WALL STAND TRAINING (97530):

- One foot out while standing flush against the wall and then 1 foot back. These are to be slid forward and back. Repeat side to side, first left then right, sliding the foot 6 inches out and returning it.
- Wall stand. Do rotations 360-degree turns at 90-degree increments. Wall is always in close proximity. Turn to the left, back, right. Repeat 20 times.
- Wall stand then cross you feet by taking one step in front – first, then right, then left in front of the right, then right over left 20 times. Return to the initial position after each move.

WALK STRAIGHT TRAINING (97116):

1. Head straight head – walk 10 feet.
2. Head to the right, fixed, and walk 10 feet.
3. Head to the left, fixed and walk 10 feet.
4. Moving the head from midline to left and repeat moving head midline to right while walking.
5. Walk with quick stops. Timing between stops regularly at 15-second intervals then 30-second intervals next. Random stop at the instruction of the therapist. Stop and turn left, stop and turn right, etc.
6. Walk with arms crossed in front of the body. Walk straight line 20 times.
7. Walk with arms outstretched. Walk straight 20 times.

Fall Trak Progressive Balance - start at 6 PS1 and do static and dynamic balance training down to lowest PSI 20 times (97112)

LONG-TERM STABILIZATION MANEUVERS:

1. Do obstacle course of your own design, open times. (97533)
2. Finite time – same course. (97530)
3. Catch with large rubber ball. (97110)
4. Video games, Fall Trak, etc. (97533)

Send progress reports to physician every 5/10/20 sessions or other.

Physician Signature: _____

Date: _____