



FALLS & BALANCE

What causes Falls & Balance?

Imbalance and falls can be a frightening consequence of many health conditions and a common health concern for people living with neurological conditions. Issues such as muscle weakness, changes in sensation, reduced coordination, vision changes, and dizziness can all increase the risk of losing balance. A fall can lead to injury, reduced confidence, and avoidance of activity, which may in turn cause further decline in mobility and independence. Preventing falls is therefore a crucial part of maintaining safety, wellbeing, and quality of life.

How can we help?

We specialise in assessing the causes of balance difficulties and creating tailored therapy programs. We use evidence-based strategies such as strength and balance training, gait re-education, vestibular rehabilitation, and practice of real-world activities to reduce fall risk. We also provide education on safe mobility, advice on walking aids or equipment if needed, and support strategies to help build confidence. Our goal is to help you move safely, stay active, and live as independently as possible.



Services

- 1:1 Consultation with a physiotherapist.
- Clinical rehab strength and balance classes
- Body Weight Supported Treadmill
- Fightback MS and Parkinson's classes
- Hydrotherapy