

## INSURANCE/DOCTOR INFORMATION



- CONTACT YOUR DOCTOR
- PHYSICAL THERAPY REQUIRES A PHYSICIAN REFERRAL.
- MOST INSURANCE PLANS COVER BALANCE/GAIT DISTURBANCES

**CALL SHORELINE PHYSICAL THERAPY FOR ANY QUESTIONS, 860-739-4497.**

Shoreline Physical Therapy  
Services, PC

131 BOSTON POST RD.  
PO BOX 88  
EAST LYME, CT 06333

Phone: 860-739-4497  
Fax: 860-739-7256  
Email: SHorelinePT@aol.com

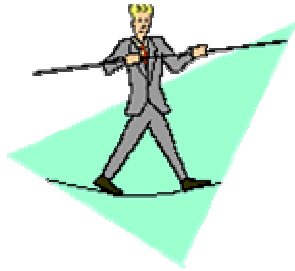
## SHORELINE PHYSICAL THERAPY SERVICES, PC

## BALANCE



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## IMPROVING YOUR BALANCE/GAIT PATTERN



### ARE YOU...

- AVOIDING CERTAIN PLACES/ACTIVITIES BECAUSE YOU ARE AFRAID YOU MIGHT FALL
- WALKING MORE QUICKLY OR MORE SLOWLY /TAKING SHORTER STEPS
- TOUCHING FURNITURE OR WALLS FOR SUPPORT/SECURITY

THESE ARE SIGNS THAT YOUR BALANCE/GAIT NEEDS IMPROVEMENT

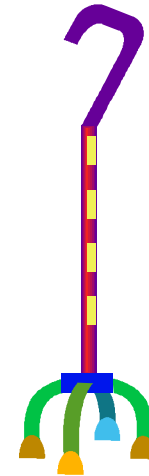
PHYSICAL THERAPY CAN HELP!

### WHAT CAN PHYSICAL THERAPY DO FOR YOU.

- FIRST, A COMPLETE EVALUATION IS DONE BY A LICENSED PHYSICAL THERAPIST WILL HELP DETERMINE THE CAUSE OF POOR BALANCE.
  - YOU AND YOUR PHYSICAL THERAPIST WILL DISCUSS YOUR GOALS AND CREATE A TREATMENT PLAN
  - YOU WILL MEET 2-3 TIMES PER WEEK TO WORK ON IMPROVING YOUR BALANCE
- BY
- STRENGTHENING MUCLES
  - PRACTICE
  - LEARNING AND PRACTICING FALL PREVENTION STRATEGIES



- BALANCE/GAIT EXERCISES



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