VESTIBULAR Rehabilitation Program
Where Balance Begins

To support in providing the best available vestibular rehabilitation, Bedford Center has adopted the innovative FallTrak™ system, designed specifically to help diagnose and rehabilitate patients who are suffering from dizziness and balance issues. Bedford Center’s PT and OT staff are trained to utilize FallTrak equipment, software and data to track progress and maximize benefits for patients.

FALLTRAK™ AT BEDFORD CENTER

LEARN MORE
For more information about Allure’s Vestibular Rehabilitation Program offered through Bedford Center for Nursing and Rehabilitation:

www.BedfordCenterRehab.com
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Brooklyn, NY 11249
718-858-6200

Esther Katzburg
Admissions Director
718-947-2138

The Allure Group is proud to present an innovative balance testing and rehabilitation program, offered through Bedford Center for Nursing and Rehabilitation. Bedford Center’s Vestibular Rehabilitation program is designed to decrease patients’ risk for falls and provide greater independence and quality of life.
SEVEN STEPS TO BETTER BALANCE

Vestibular Rehabilitation at Bedford Center consists of the following components:

1. **Balance Assessment**: First, you will be instructed to step onto a flat platform known as the FallTrak Screener – where data force sensors generate a Stability Score to help determine if a balance disorder exists.

2. **Identification**: If a balance disorder is detected, a painless VNG (VideoNystagmoGraphy) test, using a high-tech camera is conducted to specifically pinpoint the source and cause.

3. **Personalized Team**: A qualified vestibular rehab team consisting of both physical and occupational therapists is assembled to ensure that progress is steady and safe.

4. **Customized Rehabilitation**: An individualized therapy program is created based on the results of your assessment and tests. Therapy will consist of manual Vestibular Rehab Therapy (VRT) – along with Computerized Dynamic Therapy activities prescribed by the FallTrak system.

5. **Progress**: Your balance will be re-tested at critical points during your therapy to assess improvement. Activities and exercise may be altered depending on your rate of progress.

6. **Collaboration**: Your rehab team continually communicates with you, your primary care doctor and other physicians, so that informed care decisions can be made.

7. **Recovery**: A social worker and/or discharge planner help to prepare you and your family for transition to home.

Developed in collaboration with Balance Diagnostics Corp., Bedford Center’s Vestibular Rehabilitation program utilizes the latest equipment, technology, and exercise therapy methods to assist patients suffering from balance issues, dizziness, or vestibular dysfunction.

Difficulties with balance – or vestibular problems – can lead to an increased risk for falls and injuries, which have a negative impact by affecting a person’s confidence, and hindering their daily activities and independence. The goal of Bedford Center’s Vestibular Rehabilitation program is to screen patients for an increased risk for falls, and treat balance problems effectively to reduce risk and improve quality of life.

THE ALLURE DIFFERENCE IN VESTIBULAR REHABILITATION

Bedford Center’s Vestibular Rehabilitation program is designed to:

- Screen patients and identify balance issues to minimize risk of falls and injuries.
- Perform physical therapy to increase strength and balance.
- Employ occupational therapy, enabling patients to adapt to their environment and engage in the meaningful activities of daily living (ADLs).
- Utilize the latest technology to compare data, customize treatment, and track progress.