

## Balance Self-Test

To help determine if you are at risk for falling, take our Balance Self Test below. If you answer yes to one or more of the questions, you could be at risk. However, the best way to determine if you have a problem is to talk to your physician, who may recommend physical therapy.

1. Have you fallen more than once in the past year?  YES  NO
2. Do you take medicine for two or more of the following diseases: heart disease, hypertension, arthritis, anxiety, and depression?  YES  NO
3. Do you feel dizzy or unsteady if you make sudden changes in movement such as bending down or quickly turning?  YES  NO
4. Do you have black-outs or seizures?  YES  NO
5. Have you experienced a stroke or other neurological problem that has affected your balance?  YES  NO
6. Do you experience numbness or loss of sensation in your legs and/or feet?  YES  NO
7. Do you use a walker or wheelchair, or do you need assistance to get around?  YES  NO
8. Are you inactive? (Answer Yes if you do not participate in a regular form of exercise, such as walking or exercising 20-30 minutes at least three times a week.)  YES  NO
9. Do you feel unsteady when you are walking, climbing stairs?  YES  NO
10. Do you have difficulty sitting down or rising from a seated or lying position?  YES  NO