

The American Academy of Orthopaedic Surgeons says:

“Falls are the leading cause of fatal and non-fatal injuries in people 65 and older in the United States”

“The number of falls and the severity of injury resulting from falls increase as people get older (people 65 and older who fall are 10 times more likely to be hospitalized and 8 times more likely to die as result of a fall than children).”

“Falls are responsible for 70% of accidental deaths in people 75 and older.”

“There is a pattern to falls among the elderly — the fear of falling, then the injury, followed by hospitalization, decreased independence and mobility and often relocation to a nursing or residential institution.”

balanced
assured
self
confident
independent
self

For more information contact your family doctor or:

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Doc # PUB-3FT-VTL CAPSBase-PatResults Rev # 2.2



**Now there is something you
can do about it...**

... a simple screening test



HELPING PEOPLE REGAIN THEIR BALANCE . . FOR LIFE®

CAPS™ Balance Screening

This is a simple screening test that can help you better evaluate your risk of falling. Ask your physician about it, where you can take it, and what can you do to reduce your risk of falling once you get your results.

The CAPS™ screening test is so simple it takes less than a minute to perform. All you do is:

- Step on the platform
- Stand relaxed and quietly
- Close your eyes

We will tell you when the test is done, and we will immediately provide you with your results so that you can compare them to normative data established for a person your age.

If your test score is other than normal, you are advised that you may be at an increased risk of falling and possibly seriously injuring yourself, and/or that you may have some other medical condition or problem that may require further evaluation by a licensed physician. You are advised to seek medical attention from a physician.

Your maximum sway was
..... equivalent to %
of your Limit of Stability (LoS),

a function of your height, used to normalize your results in order to compare them with the results of scientific studies on balance and falls. To help you better understand your results, the table on the right contains a condensed, simplified version of the results of scientific studies [*] on the relationship between age, percentage of LoS, and stability.

Age [years]	Stability				
	Normal	Mildly Reduced	Moderately Reduced	Severely Reduced	Profoundly Reduced
≤40	≥74%	64-73%	53-63%	43-52%	<43%
41-50	≥73%	67-72%	59-66%	52-58%	<52%
51-60	≥71%	66-70%	57-65%	47-56%	<47%
61-70	≥67%	60-66%	50-59%	43-49%	<43%
71-80	≥64%	56-63%	45-55%	38-44%	<38%
≥81	≥58%	51-57%	40-50%	36-39%	<36%

[*] Southern Illinois University — School of Medicine, Internal Publication, 2000

If your results indicate a reduced stability, you might have a higher than normal risk of falling and seriously injuring yourself. You should immediately consult your physician.

If you are uncertain about your balance or stability, or if you have fallen one or more times in the past year, or if you feel you have a higher than normal risk of falling, you should consult your physician.

This test was designed only as screening tool. It is not meant to take the place of a consultation with a qualified medical professional.

If your results show a reduced stability, or if in the recent past you have experienced a sudden loss of balance or stability, with or without a resulting fall, dizziness, ringing, sudden hearing loss or pain in one or both your ears, or a discharge from your ears, you should immediately consult your physician.

NOTE: This screening test is not meant as a substitute for a complete medical evaluation and diagnosis of your physical condition. Only your physician can provide such an evaluation and diagnosis.