

## **Introducing CAPS™ the revolutionary screening test that can help your doctor determine your risk of falling**

The CAPS™ 60 second screening is simple and easy. All you have to do is:

- Step on the platform
- Close your eyes
- Stand quietly with arms at your sides

The attending staff member will tell you when the test is finished, then immediately provide you with your test results, which will have been automatically compared to normative data scientifically established for persons of your age.

If your balance score is abnormal, you're not alone. A large percentage of older persons have abnormal scores and balance problems, although sometimes a score of "Mildly Impaired" might be due to something as simple and obvious as a lack of sleep, the flu, medication effects, etc.

But if your CAPS™ score is worse than "Mildly Impaired" and the reason is not immediately obvious, your physician will want to find out what is causing your problem through some simple, non-invasive tests and a thorough evaluation.

**Please keep in mind that balance disorders are almost always caused by some benign condition that usually responds well to gait and balance therapy.**

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**We are pleased to  
provide this brochure  
as a service to patients  
and their families**

self reliant

self  
confident

assured

independent

balance

**This brochure is not meant to provide you with  
medical advice. Only a licensed physician is qualified  
to provide you with medical advice.**

### **Vestibular Technologies**

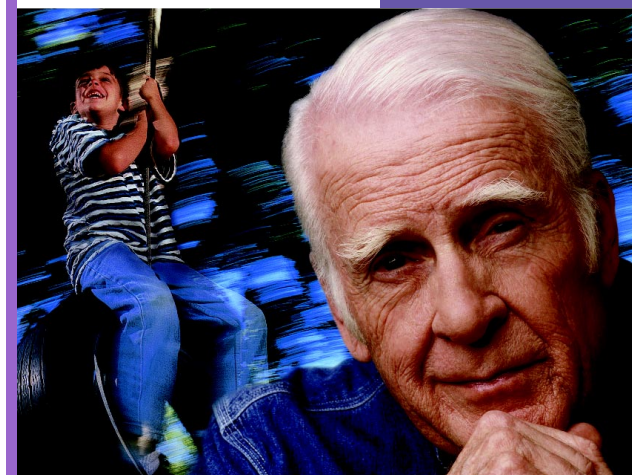
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**[www.preventfalls.com](http://www.preventfalls.com)**

**All persons  
age 55 and over  
should be  
regularly screened  
for risk of falling**

(AGS, BGS and AAOS guideline)



**Ask your doctor for the  
FREE one-minute screening  
that can help prevent falls!**



V E S T I B U L A R  
t e c h n o l o g i e s

HELPING PEOPLE REGAIN THEIR BALANCE ... FOR LIFE®

*Everyone knows  
balance problems can cause falls,  
but just how serious are falls?*

In older adults, falls can be very serious. They are the # 1 reason for injury-related visits to an emergency room, the # 1 cause of accidental death (falls cause 70% of all accidental deaths in people 75 & over), the # 1 reason for admission to a hospital and the # 1 reason for admission to a nursing home for persons age 65 and up.

Falls now cause nearly 1,000 hip fractures every day in the United States. And as many as 50% of the older adults who suffer a hip fracture will never regain their previous level of functioning and be able to live independently again.

About 35% of community-dwelling elderly persons and 60% of nursing home residents fall each year. Many of them fall repeatedly.

50% of the people age 75 and over who fall and sustain a serious injury will die within a year as a result of the fall.

[American Academy of Orthopedic Surgeons, *Don't let a fall be your last trip*, 1998; CDC, National Center for Injury Prevention and Control, *Preventing Injuries Among Older Adults, 2001-2002*; NBC *Nightly News*, 1998.]

*Is it true most people do not know  
when they have a balance problem?*

It's true. Most people, particularly young to middle age people, are totally unaware that they have a balance disorder.

The human balance system has built-in "back-ups", so when sensory input from one source is inadequate, the central nervous system automatically turns to another source for orientation. In other words, a fully functioning part of the balance system will help do the work of a part of the system that is not fully functional.

The problem comes when people get older and have more than one part of their balance system that's not 100% functional, and/or when they encounter an unusual situation and the working parts of their balance system are unable to compensate and overcome the unexpected "obstacle."

For example, an older person may have had a vestibular disorder (the great majority of balance problems are vestibular in nature) for many years but may have unconsciously compensated for that problem by relying on their keen eyesight to maintain their balance.

But eyesight gets worse with age, and when coupled with dim lighting, often causes falls. That's why many falls occur at night, when there may be little or no light available.

*Can falls be prevented?*

As mentioned earlier, most balance disorders are caused by some benign, easily treatable condition. In fact, one of the most common forms of balance disorder, benign paroxysmal positional vertigo (BPPV) can almost always be completely cured in 1 or 2 short therapy sessions (BPPV simply means that a person sometimes gets dizzy when their head is in a certain position).

Since about 80-85% of all balance problems respond well to specific therapeutic maneuvers and exercises, your physician may decide that you would benefit from balance or gait therapy. If so, he or she will order it, and a therapy regimen will then be custom-tailored to your specific problem.

The therapy for your balance problem may involve eye-tracking exercises, for example, in which you hold a card in front of you and move the card and your head rapidly from side to side, in opposite directions, while keeping the words on the card in focus.

Other exercises involve such simple movements as getting in and out of a chair several times in succession each day.

And many balance therapy programs include exercises you can do at home, several times each day for several weeks.