

Balance Self Test

If you answer yes to one or more of the questions, you could be at risk. The best way to determine if you have a problem, though, is to talk with the MOG staff who might recommend that you get a balance screening test from our Physical Therapist.

Do you have difficulty sitting down or rising from a seated or lying position? Yes No

Do you feel unsteady when you are walking, climbing stairs? Yes No

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

Do you use a walker or wheel chair, or do you need assistance to get around? Yes No

Do you experience numbness or loss of sensation in your legs and/or feet? Yes No

Have you experienced a stroke or other neurological problem that has affected your balance? Yes No

Do you have black-outs or seizures? Yes No

Do you feel dizzy or unsteady if you make sudden changes in movement such as Yes No

bending down or quickly turning?

Yes No

Do you take medicine for two or more of the following diseases: heart disease
hypertension, arthritis, anxiety, and depression?

Yes No

Have you fallen more than once in the past year?

Yes No

If you answered “yes” to one or more of the questions above, then you could have a balance problem and should consult the MOG.

*Russ Certo is the Founder and Director of the MOG at TRILOGY
mytrilogy.com*