

## **BROOKS OPENS NEW BALANCE CENTER SPECIALTY CLINIC**

JACKSONVILLE, Fla., *September 17, 2007* - Brooks Rehabilitation's newest specialty clinic, the Brooks Balance Center, focuses on preventing potentially life threatening accidents. Falls are the leading cause of fatal and non fatal injuries in older adults. The Brooks Balance Center uses state of the art equipment to evaluate patients who have been referred by their doctors, and treat them with Vestibular and Balance Rehabilitative Therapy (VBRT).

"At the Brooks Balance Center we have the technology and equipment to identify and treat balance-related issues before an accident occurs." said Ann Leinenwever, PT, MPT, NCS, Brooks Balance Center manager. "It gives patients peace-of-mind and helps them to eliminate their symptoms." Leinenwever has extensive knowledge in evaluating and treating this patient population, she is one of only 10 physical therapists in Florida to have earned her specialist certification as a neurological certified specialist (NCS).

The Brooks Balance Center uses VBRT to help individuals experiencing symptoms of dizziness, vertigo, imbalance, visual blurring and gait dysfunctions improve their functional levels, reduce their fall risk and eliminate their symptoms. This specialized therapy consists of first identifying the underlying impairments that may be contributing to their symptoms as well as their functional limitations.

Another important tool, the Smart Balance Master, tests a person's ability to use vision, vestibular and somatosensory information for postural control. It also measures their automatic and voluntary postural reactions to determine if they are delayed, which would increase their risk for falling. Infra goggles are used during the evaluation to record a person's eye movement while performing certain head motions or while they are in a certain position. How a person's eyes move is the key to understanding where in the inner ear the problem could be arising from.

Once the impairments and functional limitations are identified, individualized, evidenced-based treatment plans are designed to compensate, habituate and/or adapt the body's central nervous system to relieve the individual of their symptoms.

The Brooks Balance Center is located adjacent to the Brooks Health and Fitness Center at 10475 Centurion Parkway N. Ste. 304. Jacksonville, FL 32256.

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*Serving the community for more than 35 years, Brooks has a long-standing tradition of providing quality inpatient and outpatient rehabilitation care to Northeast Florida and Southeast Georgia. Our 143-bed acute physical rehab hospital is unique in the region with a highly trained staff and an unmatched range of services. We have an extensive network of outpatient centers as well as a cutting-edge research facility which allow us to provide the best continuum of care possible to the communities we serve. As a non-profit health system, we are deeply dedicated to meeting the needs and improving the health of our community. Brooks is more than rehabilitation. It's about being you again.*