BALANCE SELF TEST

To help determine if you may be headed for a fall, take the Balance Self Test below. 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 your physician who might recommend that you get a balance screening test from a qualified clinician.

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, 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 cane, 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 per week) _____Yes _____No

9. Do you feel unsteady when you are walking or climbing stairs? _____Yes _____No

10. Do you have difficulty sitting down or rising from a seated or lying position? _____Yes _____No