



IDEAL NEUROLOGY
CLINIC

RENATA CHALFIN, M.D.

7280 W. Palmetto Park Road, Suite 104, Boca Raton, FL 33433

Mailing: PO Box 880761, Boca Raton, FL 33488

www.idealneurology.com | rchalfin@idealneurology.com

(ph) 561-961-8575 | (f) 561-898-1710

Treatment of Balance Difficulty

Unfortunately, there is no pill you can take to improve your balance. The important thing with balance difficulty is *safety* and fall prevention. The following have been helpful for other patients with balance difficulty.

1. **Assistive devices** – cane, walker, rolling walker, etc. are great for preventing falls. A physical therapist can choose the best option for your specific situation.
2. **Tai Chi** – long term Tai Chi exercises have been shown to be effective in improving balance and physical performance in patients who are elderly, diabetic, and/or have neuropathy.

In the future, look out for vibrating shoe insoles – a few research studies from Harvard showed that these may be helpful for standing balance, but they are still in development as far as I know.