

# Balance

## Information for Patients



### Why is balance important?

Good balance helps you stay steady and move safely during everyday activities — from walking and turning to reaching, dressing or simply standing up. Many parts of your body work together to help you stay upright and prevent you falling over.

### How does the balance system work?

Three main systems in your body work together to keep you balanced:

- **Your eyes (visual system)** – help you see where you are and what’s around you.
- **Your muscles and joints (proprioception)** – send messages to your brain about your body’s position and movement.
- **Your inner ear (vestibular system)** – senses movement, head position and orientation.

Your brain combines information from all three systems to help you stay balanced.

### What can affect your balance?

If one or more of these systems isn’t working properly you may feel unsteady or dizzy. This can increase your risk of falling or make you more reliant on walking aids or support from others.

Other common causes of balance problems include:

- Changes in eyesight
- Muscle weakness or joint stiffness
- Side effects of certain medications
- Low blood pressure
- Conditions affecting your brain or nerves
- Age-related changes
- Inner ear conditions (such as vertigo or labyrinthitis)

## What can I do to help my balance?

If you notice changes in your balance, talk to your clinician. They can assess your balance and recommend suitable exercises or treatments to help you feel steadier.

You can also help yourself by:

- ✓ Doing regular strength and balance exercises
- ✓ Wearing well-fitting, supportive footwear
- ✓ Keeping your home clear of trip hazards
- ✓ Using any walking aids correctly
- ✓ Having your vision and hearing checked regularly

Balance can often be improved with the right support, exercises and safety measures. If you're feeling unsteady, don't ignore it. Getting advice early can help you stay safe, confident and independent.

## How do I contact you if I think I need help?

**Email:** NEUROLOGYSERVICES@ecchcic.nhs.uk

**Phone:** 01493 809977 (Monday – Sunday, 07:00 – 20:00)

If contacting us, please state you wish to contact the Community Neurology service, as this helps us to identify you more quickly in our system.



If you would like this leaflet in large print, audio, Braille or in a different language, please contact us on **01502 445447**.

Jei šios publikacijos kopija noretumete gauti savo kalba prašome susisiekti su telefono numeriu: **01502 445447**.

Jezeli chcieliby Panstwo otrzymac niniejsza publikacje w tlumaczeniu na jezyk polski, prosimy o kontakt z pod numerem telefonu: **01502 445447**.

Pokud byste chteli kopi této publikace ve Vašem jazyce, prosím kontaktujte ovou na telefonním čísle **01502 445447**.

Bu yayinin kendi dilinizde bir nüshasını isterseniz, lütfen **01502 445447** nolu telefondan ile temasa geçiniz.

Se pretender uma cópia desta publicação no seu idioma, por favor contacte no número **01502 445447**.