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PHYSICAL THERAPY
Ortho and Neuro Out-Patient Rehab
One on One for 50 Minutes

LIGHT Therapy
Treatment for Neuropathy,
Chronic Pain and Arthritis



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ARROYO PHYSICAL THERAPY

Located at:

2693 East Washington Blvd.
Pasadena CA, 91107

Visit us on the web at

www.ArroyoPT.com

Email: info@arroyopt.com

Tele: 626-593-2283
Fax: 626-593-2284



Service Provider
www.BalanceTherapy.com

LOCATIONS IN:

Beverly Hills Santa Monica Pasadena
Victorville Palm Desert

ARROYO PHYSICAL THERAPY

Testing and Treatment for Dizziness, Falls and Balance Disorders



Making your daily life fun and functional again!

The most comprehensive
evaluation and treatment for Balance,
Fall Prevention, Dizziness, BPPV
and
Vestibular Disorders

Balance Vestibular VAT / ENG Testing

Statistics show that nearly 1/2 of all accidental deaths among the elderly are a result of a fall. Reports of falls, dizziness and imbalance are one of the most common complaints to physicians, yet surprisingly most patients and physicians are unaware that these conditions can be treated effectively with specialized testing and treatment by Physical Therapy.

Causes of Dizziness, Imbalance and Falls?

- Middle Ear Infections
- Allergies
- Toxic exposure to medicine or chemicals
- Strokes and Head Injury
- Poor Physical Conditioning
- Diabetes, Neuropathy and Metabolic disorders

Due to the many potential causes, proper testing and physical evaluation is necessary to implement and ensue proper medical treatment and therapy.

Arroyo Physical Therapy offers you and your physician specialized diagnostic testing and treatment for balance and vestibular disorders.

Types of Testing and Evaluations

- Vestibular Autorotation Test (VAT)
- Benign Paroxysmal Positional Vertigo (BPPV)
- Screening / Ocular Motor Exam

These accurate, noninvasive and comfortable diagnostic tests and evaluations require no medication. Our therapy programs are recognized as one of the most safe and successful treatments for dizziness and helping to restore functional mobility, balance and gait.

Physical Therapy Evaluation and Treatment

Clinical Balance Evaluation

Once the origin of the balance disorder has been determined through diagnostic testing, the patient is given a clinical evaluation. The goals of the evaluation are to assess physical performance with encountered environments, establish baseline measures, fall risk, and to determine the most appropriate type and level balance exercises.

Arroyo Physical Therapy utilizes some of the most comprehensive clinical assessment tools available. Sensory integration, gaze stability, dynamic balance, posturography and gait tasks are rendered to simulate a wide variety commonly encountered daily activities. Functional performance values, as well as diagnostic results, are analyzed to determine the most appropriate form of therapy needed.

Balance Therapy consists of:

- Fun Computerized Programs
- Strengthening
- Safety awareness
- Postural and balance exercises
- Gait exercises
- Vestibular stimulation
- Proprioception tasks
- Sensory integration
- Patient education



Parkinson's & Movement Disorders

LSVT®BIG Treatment for Parkinson's Disease

Our goal is to provide rehabilitative care that enables our patients to reach and maintain their optimal physical, sensory, intellectual, psychological and social functional levels. We focus on teaching our patients movement strategies aimed at attaining independence and self-determination as far as possible. We also work closely with Neurologists who specialize in Movement Disorders to ensure optimal care.

We use movement analysis to determine appropriate interventions aimed at improving:

- Strength
- Endurance
- Balance
- Stability
- Coordination
- Movement Quality
- Confidence
- Safety
- Independence

Our staff is Certified in LSVT®BIG, a research-based exercises approach developed from treatment principles of the effective Parkinson's-specific speech therapy treatment LSVT®LOUD, shown to have powerful outcomes in improving patient quality of life. This treatment protocol is based on the principles of amplitude training in order to directly address the hypokinesia and bradykinesia symptoms of PD. This movement strategy demonstrates carry-over to improvements in the quality of all movements.