My balance practice notes

Discuss and fill with a clinician or therapist

This is an appointment aid, not an exercise prescription. Ask about falls, near falls, dizziness and changes.

My concerns and questions for the appointment

Agreed movement and where instructions are kept

Support, walking aid and supervision needed

Amount and frequency advised for me

Stop instructions and who to contact

How it felt; next question and review date

Emergency symptoms: stop and call local emergency help. U.S.: 911.