

# Ask the Therapist

## Ginny Barbour, P.T.



**Question:** I have always been very active, but lately I've noticed that I have trouble walking outdoors and frequently feel unsteady on my feet. I have actually fallen several times this year. Can physical therapy help me improve my stability?

**Response:** Absolutely. Balance deficits and falling are very common as people age; however, they are not a normal part of the aging process. Balance is our ability to hold our body up and maintain that position while performing other activities. Our balance keeps us from falling and is regulated and controlled by three systems that work together sending signals to and from the brain. These three systems are our vision system, our vestibular system (within the inner ear) and our somatosensory system (our sense of position and orientation). FirstHealth's physical therapists can examine each of these systems to determine if they are functioning properly and then develop an individualized program consisting of exercises that target the deficient areas. Each program takes into consideration the patient's particular lifestyle and medical issues, allowing the patient to achieve optimal success with improved function.

### **Ginny Barbour, P.T.**

Ginny Barbour is a native North Carolinian, originally from Pittsboro. She received her Master of Physical Therapy from Elon University in 2001. She has been employed with the FirstHealth Rehabilitation since 2001.

***When you need Rehab...you need FirstHealth.***

**For appointments or more information, please call our Sanford office at (919) 774-1595 or ask your doctor for a referral. We look forward to caring for you.**

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