

# Balance/Fall Reduction Program

Balance Retraining • Gait Training • Strengthening/Flexibility  
 Fall Risk Assessment

## Balance Retraining

- Vestibular Training
- Endurance Training to improve overall aerobic ability and decrease fatigue-related falls
- Korebalance™ System (state-of-the-art balance testing and training system featuring virtual and interactive technology)

## Gait Training

- Emphasis on dual tasks

## Strengthening/Flexibility

- The Otago Exercise Program (individually tailored strength and balance retraining program to prevent falls)

## Fall Risk Assessment

- Home Safety Assessment
- Patient education regarding other risk factors associated with falls (i.e. shoe selection)

## Why choose Hillcrest Physical Therapy?

- Hillcrest takes a **comprehensive approach** to fall prevention. All patients over age 65 and anyone with a history of falls within six months are screened for fall risk.
- Qualified patients receive an **extensive balance evaluation**, assessing physical factors, such as health conditions, vision, hearing, sensation, strength, gait and vestibular system along with cognitive screenings. External factors, such as medications and home safety, are also evaluated.
- Hillcrest provides an **individualized plan** to improve balance and works one-on-one with the patient to reduce risk for future falls.



Korebalance  
System



### Sarah Blomenkamp, DPT

Sarah Blomenkamp received her doctorate in physical therapy from UNMC, and has been a member of the Hillcrest Physical Therapy team since 2006. As an American Physical Therapy Association Certified Exercise Expert for Aging Adults, she specializes in balance and fall reduction programs including vestibular rehab.

### Hillcrest's Balance Team:

Sarah Blomenkamp, PT, DPT  
 Jenifer Johnson, PT, DPT

Loretta Zechmann, PTA



Hillcrest Physical Therapy is located at 1804 Hillcrest Dr. in Bellevue, just behind Great Southern Bank at the corner of Harlan Dr. (Hwy 370) and Hillcrest Dr. From Hwy 75, take the exit for Hwy 370/Bellevue and travel east; turn left on Hillcrest Dr.

## Outpatient Physical, Occupational & Speech Therapy

### Certifications and Expertise

Aquatic Therapy  
Hand Therapy  
SaebFlex Arm Training  
Geriatric Therapy  
Balance Therapy  
Korebalance™ System  
LSVT-BIG & LSVT-LOUD  
VitalStim® Swallowing  
Therapy

Women's Health  
Osteoporosis Management  
Back Pain/Spinal Rehab  
Stroke/Neurological Rehab  
Lymphedema Management  
Total Joint  
Rehab Sports Therapy  
Massage Therapy

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