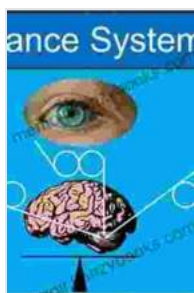


# System of Balance for Clinical Practice: A Comprehensive Guide to Assessment and Treatment

Balance is a critical component of everyday function, allowing us to perform a wide range of activities safely and efficiently. When balance is compromised, it can lead to a variety of problems, including falls, injuries, and decreased mobility.



## Evidence-Based Tai Chi for Rehabilitation and Wellness: A System of Balance for Clinical Practice: A System of Balance for Clinical Practice by Susan E. Ingebretson

★★★★☆ 4.3 out of 5

Language : English  
File size : 24451 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 142 pages  
Lending : Enabled



The System of Balance for Clinical Practice (SOBCP) is a comprehensive approach to balance assessment and treatment that has been developed over the past 30 years by Shirley Sahrmann, PT, PhD. The SOBCP is based on the premise that balance is a complex system that involves multiple sensory, neuromuscular, and cognitive factors. In Free Download

to effectively assess and treat balance problems, it is important to understand the interactions between these different factors.

## **Assessment of Balance**

The SOBCP assessment of balance involves a thorough evaluation of the following factors:

- Sensory function: This includes testing the vestibular, visual, and proprioceptive systems.
- Neuromuscular function: This includes testing muscle strength, range of motion, and coordination.
- Cognitive function: This includes testing attention, memory, and problem-solving skills.

The SOBCP assessment is designed to identify the specific factors that are contributing to the patient's balance problems. Once these factors have been identified, a treatment plan can be developed to address them.

## **Treatment of Balance Problems**

The SOBCP treatment of balance problems is based on the principles of motor learning and neuroplasticity. Motor learning is the process by which we learn new movements and skills. Neuroplasticity is the ability of the brain to change and adapt in response to new experiences. The SOBCP treatment approach uses exercises and activities that challenge the patient's balance and promote motor learning and neuroplasticity.

The SOBCP treatment plan is individualized to the patient's specific needs. The plan may include exercises to improve sensory function,

neuromuscular function, and cognitive function. The plan may also include activities to promote functional balance in everyday activities.

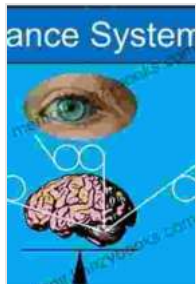
## **Evidence for the SOBCP**

There is a growing body of evidence to support the effectiveness of the SOBCP for the treatment of balance problems. Studies have shown that the SOBCP can improve balance, reduce falls, and improve functional mobility in patients with a variety of balance disorders.

The SOBCP is a safe and effective approach to the assessment and treatment of balance problems. It is a comprehensive approach that addresses the multiple factors that contribute to balance problems. The SOBCP has been shown to be effective in improving balance, reducing falls, and improving functional mobility in patients with a variety of balance disorders.

The System of Balance for Clinical Practice is a valuable resource for clinicians who work with patients with balance problems. The SOBCP provides a comprehensive approach to assessment and treatment that is based on the latest research evidence. The SOBCP can help clinicians to improve the balance and functional mobility of their patients.

If you are a clinician who works with patients with balance problems, I encourage you to learn more about the System of Balance for Clinical Practice. The SOBCP can help you to provide your patients with the best possible care.



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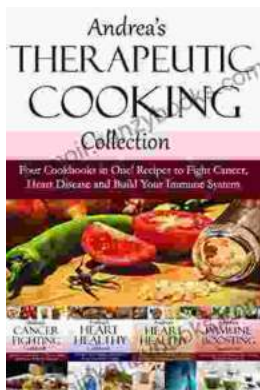
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