

I was very pleased with the care I got at BalanceMD. The staff was especially patient, cheerful, and accommodating. My physical therapist Stephanie designed a program for my specific needs.

I have a benign tumor growing on my balance nerve creating some issues, as you can imagine. Stephanie told me that the human brain can be retrained to make up for my balance loss. And she showed me each week how I was improving (as long as I did my “homework”!). Some things I couldn’t do so we made adjustments.

Now I practice 2 or 3 times a week to maintain what I’ve gained back and I no longer feel embarrassed when I lose my balance out in public. I also feel safer at home.

Dale LaCognata