

Balance Class

Kaiser Fremont Physical Therapy Department
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(510) 248-3200



Your Physical Therapist may schedule you in this class if you have a fear of falling, have recently fallen, have a history of falls, or your balance just isn't as good as it used to be. Learn the body's systems that affect your balance and how to improve them through static and dynamic balance exercises for standing and walking.

FREQUENTLY ASKED QUESTIONS

- **How often will I have to come to the class?** This is a one time class
- **What should I wear?** Wear comfortable clothing and flat closed heel shoes as you will be exercising
- **Can I attend if I use a can or a walker?** Yes, but you should be able to participate in standing exercises