



Fall Prevention Center of Excellence

Causes of Balance and Mobility Problems

The most common causes of balance and mobility problems are:

- Muscle weakness
 - Simple deconditioning (from bed rest, illness or inactivity)
 - Related to neurological problem (such as stroke or neuropathy)
- Decreased sensation in legs or feet (from aging, diabetes, neuropathy or exaggerated aging)
- Dizziness or vertigo (from problems such as medication side effects, anemia, dehydration, stroke, parkinsonism or other neurological ailment)
- Vision impairment
- Arthritis or other painful condition of legs or feet

Once recognized, it is important not to ignore a balance or mobility problem because it is usually treatable but will often get worse and lead to falls or decreased ability to function and remain independent if ignored.

