

Computerized Dynamic Posturography



This is a series of tests that measure how well you are able to maintain your balance under different conditions. You will be asked to stand as steadily as possible on a platform inside a small booth. The platform will have sensors that measure how well you maintain your balance as the walls of the booth move around you and the surface you are standing on moves under your feet. The tests will be conducted with your eyes open and with your eyes closed. You will be supported by a safety harness in case you become unsteady. Some of the tests are designed to mimic different conditions you encounter in every day life. Other tests are designed to determine the source of your balance problem. The computerized tests are able to isolate the different sensory information you rely on to maintain your balance. The test results provide a better understanding of your balance problem and can point to possible causes. This allows your doctor and physical therapist to focus on the abnormal system, developing an individualized treatment plan.

Pre-appointment Instructions

1. Wear loose-fitting slacks to the test.
2. Do not consume any caffeine or alcohol for 48 hours before the test.
3. **Continue taking all life-sustaining medications such as insulin, blood pressure, heart, and seizure-controlling medicines.**
4. Avoid using tranquilizers, sleeping pills, cold remedies, aspirin, and medications to control dizziness.

This test is non-invasive and painless. It will take anywhere from twenty minutes to one hour to complete. Please call the **Hearing & Balance Center** at (320) 214-6997 if you have any questions.

