Computerized Dynamic Posturography

Patient Information

An informational resource provided courtesy of NeuroCom® International, Inc.

www.balanceandmobility.com
**Balance.**

**Important Every Day.**

Balance is vital to normal every day life activities such as getting out of a chair and walking, bending over to put on your shoes, washing your hair, driving a car, or going grocery shopping. Everything you do in your daily life, whether for work or leisure, requires balance control—most of the time you don’t have to think about it.

When balance problems develop, they can cause profound disruptions in your daily life. In addition to increased risk for falls, balance problems can shorten your attention span, disrupt normal sleep patterns, cause you to limit your social activities, and cause excessive fatigue. People with balance and dizziness problems can have difficulty with even the simplest of tasks.

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**Understanding Your Balance**

If you are experiencing a balance or dizziness problem, there are two things that you want to know: 1) What is causing my problem? and 2) What can be done about my problem? You have taken an important first step by consulting healthcare professionals with special training and expertise. The process starts with a complete evaluation. Computerized Dynamic Posturography (CDP) is a key part of a thorough evaluation of your balance system. CDP results provide unique insight about factors that may be contributing to your balance problem.

**What is Computerized Dynamic Posturography?**

The ability to maintain balance is very complex and depends on three major components:

- the sensory systems (for example, vision and touch) for accurate information about your body’s position,
- the brain’s ability to use this information,
- the muscles and joints for coordinating the movements required to maintain balance.

Computerized Dynamic Posturography is a series of testing procedures to evaluate each of these factors. The information obtained provides you and your healthcare professional with the data needed to make treatment decisions.

The techniques used in CDP were initially developed with support from NASA and later from the National Institute of Health. CDP has been used in worldwide scientific research for decades. It is considered the “Gold Standard” for evaluation of balance impairment.
The Computerized Dynamic Posturography (CDP) evaluation requires specialized equipment. If you have been experiencing balance problems, complete understanding of the problem is the first step to planning an effective treatment. CDP results will be combined with information from your medical history, your physical examination, and any other laboratory tests you may have had. CDP results are unique, helping to focus rehabilitation on the right problem and eliminate any guesswork. After a period of this targeted rehabilitation, retesting is used to confirm for you and your healthcare professionals that you are on the right track to recovery, and to make any adjustments that may be necessary.

How much does it cost?

Your healthcare professional will discuss the CDP charges with you. CDP charges are typically, but not always, paid by health insurance. The importance of CDP evaluation to successful treatment has been established by decades of scientific research, but there are some insurance policies that do not pay for CDP because it is not designed to identify or confirm a disease. If your insurance company does not include CDP in your coverage, you may be asked to pay separately for the CDP evaluation.

What Happens During CDP?

There are several tests within the CDP evaluation. During testing you will be wearing a safety harness and standing on a special platform in an environment that will challenge your balance systems in different ways. As one example, you will be asked to keep your eyes closed for brief periods during the test. With one part of the balance system taken away (vision), your body should automatically respond by using the other systems for balance. Other tests include measuring your balance reaction when the platform you are standing on is moved.

The entire evaluation is safe, painless, and brief. You only need to relax, stand still, and do your best to follow instructions for each of the test periods. All of your responses are automatically recorded by the computer, compared to the balance you should normally have at your age, and then reviewed by your healthcare professional and physician.

Why is CDP test information important?

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For More Information

For more information about balance disorders and the available treatment options, visit www.BalanceandMobility.com, an internet information resource for people with balance and mobility disorders.