



# Fyzical Therapy & Balance Centers | Balance Therapy



**FYZICAL<sup>®</sup>**

Therapy & Balance Centers



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Do you ever feel unsteady on your feet?

Worried about falling? FYZICAL can help! Balance problems can happen to anyone, but they don't have to hold you back. Our expert therapists will create a personalized program to improve your balance, gait (walking pattern), and overall stability.

**Benefits:**

- Feel more confident moving around
- Reduce your risk of falls
- Improve your mobility and flexibility
- Strengthen key muscle groups

And more!

FYZICAL offers a variety of [balance and gait programs](#), including:

- Balance training: Learn exercises to improve your stability and coordination.
- Gait retraining: Improve your walking pattern for smoother, safer movement.
- Fall prevention: Get strategies to avoid falls and stay independent.

To make an appointment call us at - 972-996-4660 or mail at - westplano@fyzical.com or visit - <https://www.fyzical.com/west-plano-tx>