



## Appendix A: Medical Conditions Associated with Gait and Balance Disorders

### Cardiovascular Diseases

- Arrhythmias
- Postural hypotension
- Aortic stenosis
- Congestive heart failure
- Coronary artery disease
- Peripheral arterial disease
- Thromboembolic disease

### Neurological Disorders

- Cerebellar dysfunction or degeneration
- Delirium
- Cognitive impairment/dementia
- Multiple sclerosis
- Myelopathy
- Normal-pressure hydrocephalus
- Parkinson's disease
- Stroke
- Vertebrobasilar insufficiency
- Vestibular disorders/vertigo

### Sensory Abnormalities

- Hearing impairment
- Peripheral neuropathy
- Visual impairment

### Musculoskeletal Disorders

- Cervical spondylosis
- Gout
- Lumbar spinal stenosis
- Muscle weakness or atrophy
- Arthritis (pain and stiffness)
- Osteoporosis complications
- Podiatric conditions
- Leg length discrepancy

### Infections

- Acute infection
- Tertiary syphilis
- Human immunodeficiency virus associated neuropathy

### Metabolic Diseases

- Diabetes mellitus
- Hepatic encephalopathy
- Hyper- and hypothyroidism
- Obesity
- Uremia
- Vitamin B12 deficiency

### Mental Health and Substance Use

- Depression
- Fear of falling
- Substance use disorder

### Sleep Disorders

- Insufficient sleep due to multiple medical issues including chronic pain, bladder and prostate problems
- Poor quality or insufficient sleep due to undiagnosed sleep disorders including obstructive sleep apnea

### Other

- Other acute medical illnesses
- Recent hospitalization or surgery

Reference: Salzman B. Gait and balance disorders in older adults. Am Fam Physician. 2010 Jul 1;82(1):61–8.