



FYZICAL®
Therapy & Balance Centers

NEWSLETTER

FIND BALANCE ONCE AGAIN BY RELIEVING YOUR DIZZINESS & VERTIGO

INSIDE:

- Why Is My Balance Compromised By Dizziness And/Or Vertigo?
- Healthy Recipe: Roasted Sweet Potato Soup With Pistachio
- At-Home Exercise: Balance | Ankle Strategy
- Fight The Fall

Visit us online at www.fyzical.com/bella-vista

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- At-Home Exercise: Balance I Ankle Strategy



We Offer TELEHEALTH & E-VISITS!

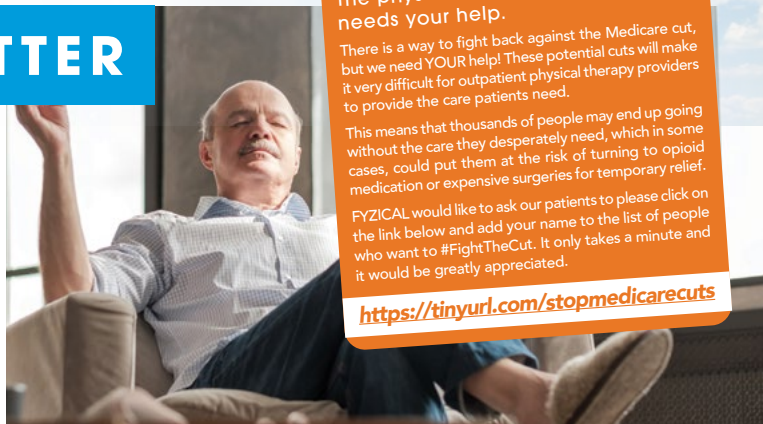
We are here for you, even for just a short consult! If you can't make it to the clinic, virtual Telehealth and E-visits can help! Both are also covered by your insurance.

Call us at (479)855-9348 to schedule your appointment!

QUOTE OF THE MONTH:

"When wealth is lost, nothing is lost; when health is lost, something is lost; when character is lost, all is lost."

– Billy Graham



AVOID MEDICARE CUTS TO YOUR BENEFITS!



The physical therapy community needs your help.

There is a way to fight back against the Medicare cut, but we need YOUR help! These potential cuts will make it very difficult for outpatient physical therapy providers to provide the care patients need.

This means that thousands of people may end up going without the care they desperately need, which in some cases, could put them at the risk of turning to opioid medication or expensive surgeries for temporary relief.

FYZICAL would like to ask our patients to please click on the link below and add your name to the list of people who want to #FightTheCut. It only takes a minute and it would be greatly appreciated.

<https://tinyurl.com/stopmedicarecuts>

Find Balance Once Again by Relieving Your Dizziness & Vertigo

Balance is a big deal in our everyday world, but we take it for granted. Just think how long it took you to master walking, running, and jumping as a child. Your balance system is incredibly complex, and allows you to walk around over steps, and obstacles without thinking. However, when balance is affected, it can be difficult to perform daily tasks and activities you enjoy.

According to the Centers for Disease Control and Prevention, "Thirty million older adults fall each year—resulting in about 30,000 deaths. Each year, 3 million older adults are treated for a fall injury. One out of every five falls causes a serious injury, such as broken bones or a head injury."

Dizziness and vertigo are common reasons why someone may experience issues with balance or sustain an unexpected fall. We've all had the sensation of being dizzy - as if you can't focus, can't see straight, can't stand upright without swaying or falling. You may even experience "tunnel vision," where your peripheral vision goes dark for a few seconds.

Dizziness is common and can have many causes. Vertigo, however, is a little different. While dizziness

is typically synonymous with "lightheadedness," which creates the illusion of being unsteady, vertigo is typically a response to a physiological factor that is causing a quite literal imbalance in your body. Those experiencing vertigo have reported feeling as if they are "rocking" or "spinning," even when they are sitting still.

Physical therapy for dizziness and vertigo is a common and effective course of treatment. For inquiries regarding vertigo testing, don't hesitate to contact FYZICAL. If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call our office today to schedule an appointment with one of our experienced physical therapists.



Schedule An
Appointment:

(479) 855-9348



Relief is in your reach! Visit us and start feeling better.

HEALTHY RECIPE:

ROASTED SWEET POTATO SOUP WITH PISTACHIO



INGREDIENTS

- 4 lbs sweet potato
- 6 tbsp vegetable oil
- Kosher salt
- 4 medium carrots, diced
- 1 medium onion
- 5 cloves garlic
- 2 sprigs sage
- 2 quarts low-sodium chicken stock
- 1/4 c orange juice & 1 tbsp grated zest
- 3/4 cup pistachios
- 2 scallions
- 2 tbsp mint leaves
- Pinch cayenne pepper
- 1/2 cup olive oil

DIRECTIONS

Preheat oven to 300°F. Toss sweet potato with 4 tablespoons vegetable oil and salt. Spread sweet potato on 2 rimmed baking sheets and bake for 1 hour. Increase oven temperature to 375°F and cook until sweet potatoes are tender and lightly browned around the edges, about 25 minutes. In a large pot, heat remaining 2 tablespoons vegetable oil over medium-high heat until simmering. Add carrot, onion, garlic, sage, and a generous pinch of salt and cook, stirring, until vegetables are just tender. Add sweet potatoes and stock and bring to a simmer. Cook for 10 minutes until vegetables are very tender. Discard sage, if using. Add orange juice. Blend soup until smooth. Season with salt. In a mixing bowl, stir together pistachios, orange zest, scallions, mint, and cayenne pepper. Fold in olive oil and season with salt. Serve soup, spooning pistachio salsa on top.

Why Is My Balance Compromised By Dizziness And/Or Vertigo?

Just a few of the many factors that can lead to dizziness include lack of sleep, poor nutrition, overexertion, or a physical ailment, such as a head cold or the flu. Dizziness can also occur from something as simple as standing up too quickly after an extended period of rest. Some accompanying symptoms to dizziness may include:

- Loss of balance
- Lightheadedness or heavy-headedness
- Momentarily impaired vision (i.e. tunnel vision)
- Feeling woozy or faint

The causes of vertigo aren't nearly as vast. In fact, vertigo is most commonly caused by an imbalance in the inner ear, also known as the "vestibular system." Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement.

When this is impaired, the necessary messages become blocked from your brain, and your movement becomes affected. You may feel as if the world is spinning around you, you can't focus your vision for prolonged periods of time, or you can't stand/move properly without feeling like you'll topple over. Some common causes of vertigo include:

• **Benign paroxysmal positional vertigo (BPPV).** This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in. This can cause sudden spinning sensations (vertigo) and inner-ear discomfort.

• **Meniere's disease.** This occurs when fluid builds up in your ear(s). This typically includes "ringing" sounds in the inner-ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing losses.

• **Vestibular neuritis.** This is an inner-ear infection that can cause vertigo.

• **Migraines.** Migraines can impact your vestibular system, thus causing episodes of vertigo which may be coupled with sensitivities to light or sound. Vision may also be impaired.

• **Stroke.** A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.



Some accompanying symptoms to vertigo may also include:

- Inability to focus or remain alert.
- Double vision.
- Nausea or vomiting.
- Arm or leg weakness.
- Difficulty seeing or speaking.
- Sweating.
- Abnormal eye movements.

How will physical therapy help? Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter what the cause may be, physical therapy for dizziness and vertigo can help. FYZICAL has some of the most advanced techniques for diagnosing and treating both dizziness and vertigo, including vestibular rehabilitation.

Vestibular rehabilitation includes treatments such as the Epley maneuver, which allows for canalith repositioning to move the broken calcium crystals in patients experiencing BPPV, as well as Cawthorne head exercises, which focus on decreasing nerve sensitivity and improving vertigo.

Physical therapy is very important to strengthening joints and learning the right exercises to relieve dizziness and vertigo, in order to improve balance. A professional can help you develop a program that plays into your strengths while increasing your ability to balance and reduce bouts of unsteadiness.

Contact FYZICAL today to get started!

Sources: <https://www.mayoclinic.org/diseases-conditions/dizziness/symptoms-causes/syc-20371787>
<https://www.moveforwardpt.com/SymptomsConditionsDetail.aspx?cid=8fa-ba487-14c0-482e-9280-c655e1776bee>
<https://www.google.com/search?q=cdc+balance+statistics&aq=cdc+balance+statistics&aq=chrome..69157.3980j07&sourceid=chrome&ie=UTF-8>



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FIGHT THE FALL!

Reducing Fall Risks & Helping Balance Issues

The risk of falling is serious, especially as age-related changes to strength, flexibility, and balance begin to occur in older adults. At FYZICAL Arkansas, we will investigate your medical history and determine your unique risk factors for falls. Some common forms of treatment include:

- **Pain management.** Joint and muscle pain can exacerbate fall risk, so any orthopedic impairments are a top priority addressed in physical therapy treatment.
- **Gait training.** Our physical therapist will evaluate the need for an assistive device, or perhaps make modifications to what the you are currently using. Gait training will increase the your confidence and safety in navigating across different terrains and around different obstacles.
- **Balance training.** Both static and dynamic balance training will be incorporated in physical therapy treatment to help the you learn to better respond to environmental challenges to your balance. Our physical therapists will also teach balance strategies to help mitigate fall risk.
- **Strength training.** With strength and balance training, you are better equipped to recover from unexpected perturbations or a momentary loss of balance to prevent falls.
- **Endurance training.** Endurance training will help to improve not just muscle endurance for activity but also the your aerobic capacity for activity, both of which will reduce fatigue as a risk factor for falls.

Let our expert physical therapists at Fyzical Arkansas help keep you safely on your feet!



Patient Success Story



“After therapy, my general balance is vastly improved and my flexibility is much better!”

“I came to therapy to improve my strength and flexibility after two hip replacements. Before therapy, I had very poor balance and could not reach my feet. After therapy, my general balance is vastly improved and my flexibility is much better. Although I haven’t reached all my goals, I feel with continued regular exercise all will be attained. The staff here is the best and they do everything they can to make each patient feel wanted and cared for. It is a pleasure to work with such professional people.”

- James M.

At-Home Exercise

Use This Exercise To Improve Balance

Balance | Ankle Strategy

Stand with good posture. Sway backwards and forwards keeping your knees and hips straight. Maintain your balance by using your ankles. Sway for 30 seconds. Rest. Repeat 5 times.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Access a pain-free life and do what you love, comfortably!

Schedule Your Appointment:

(479) 855-9348

