

NEWSLETTER

FALL PREVENTION & STAYING ACTIVE DURING FALL WEATHER



INSIDE:

- What Should I Expect During Therapy?
- Healthy Recipe: Watermelon Cucumber Lime Refresher
- At-Home Exercise: Single Leg Balance Taps, Forward
- Patient Success Story

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



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Get Into Action with the Help of FOOTMAXX

From custom milled orthotics to orthotic footwear to braces, Footmaxx products are handcrafted for people who require better foot function in everyday activities. Footmaxx devices and products are highly recommended for patients this season!

QUOTE OF THE MONTH:

"Everything you can imagine is real."

- Pablo Picasso



Get Your Balance Assessed During The Fall Season

Brrr, it's chilly out there! With the fall weather comes safety risks, such as getting injured from a strain while raking.

Having your balance assessed this season could help you to avoid fall-related injuries. Give FYZICAL a call today to schedule an appointment, so we can help you feel steady on your feet! Our therapists are the balance experts in the field and want to make sure our patients lower their fall risk as much as possible.

Staying safe and active in the fall. Between the limited daylight hours, chilly temperatures, and occasionally icy conditions outside, staying safe and healthy can be challenging. Anything you can do to keep active during the fall months is a step in the right direction!

How can a balance expert help me reduce my fall risk? The physical therapists at FYZICAL are

balance experts who can help you improve your balance and fight back against the risk of falling this fall.

Your therapist will perform a thorough physical examination to identify the source of your pain and/or injuries if they are present. Your mobility, strength, balance, and gait will be assessed as well to determine your fall risk. This information will help us create a program including targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques that can help keep you upright and on your feet this season!

(continued inside)

Schedule An Appointment:
(479) 855-9348

Don't put off good health! Visit us & recover naturally.

HEALTHY RECIPE:

WATERMELON CUCUMBER LIME REFRESHER



INGREDIENTS

- 3 cups watermelon, cubed
- ½ cucumber, diced
- 2 limes, juiced

DIRECTIONS

Add the watermelon, cucumber, and lime juice to a blender, and blend until smooth. Using a mesh strainer, strain the juice over a large liquid measuring cup to remove the pulp. Use a spoon to help stir the pulp and press out the liquid. (Reserve the pulp to make pulp muffins!)

Source: www.tasty.co/recipe/watermelon-cucumber-lime-juice

What Should I Expect During Therapy?



(continued from outside)

The first thing you should know about therapy for balance is that this kind of therapy is not a “one size fits all” approach. Your program will be specific to your needs and wants and fit into your lifestyle.

Some of the interventions you can expect to experience at FYZICAL are:

Strengthening exercises. These exercises will address muscle weakness which is often a primary contributing factor to poor balance and falls during the fall weather. With strength and balance training, patients are better equipped to recover from unexpected lapses in gait or a momentary loss of balance to prevent falls.

Gait training. Gait training will include activities to improve gait mechanics and increase your confidence and safety in navigating across different terrains (icy sidewalks, porches, parking lots) and around various obstacles, such as snow. Our physical therapists will also evaluate the need for an assistive device or perhaps adjust the device you are currently using.

Static and dynamic balance training. This kind of training will be incorporated into

your physical therapy treatment to help your body learn how to better respond to environmental challenges to their balance. For example, you may be asked to stand on one leg while performing a mentally-challenging task, such as reciting the alphabet or reading a paragraph of text out loud. Our physical therapists will also teach you balance strategies to help mitigate fall risk.

Endurance training may improve muscle endurance and improve aerobic capacity for activity. Both will reduce fatigue as a risk factor for falls when walking or completing daily tasks.

Contact us today for a balance assessment. FYZICAL wants our patients to feel safe and confident in their mobility and balance. Fall can be a difficult time for those with compromised balancing abilities; however, with the help of a physical therapist at our clinic, it doesn't have to be!

Call us today to have your balance assessed this snowy season. We can determine if you are at risk for falls, show you how to prevent them, and address any pain or discomfort you may be having. The wellbeing of our patients is important to us, no matter what season we're in!



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www.FYZICAL.com/bella-vista



How To Make Sure Your Home Is Safe

Are you looking for tips on how to make your home safer? Did you know there are simple steps you can take to make your home safer and reduce your risk of falling? At FYZICAL, our physical therapists will guide you through activities and tips to make your home safer so you can reduce your risk of falling!



Falls are a significant concern for seniors, and even without an injury, a fall can cause a loss in confidence and reduction in activities and even contribute to future falls. It is estimated that six of every ten falls happen in or around the home. Too often, we overlook simple changes because we are used to moving around without thinking about our safety. There are a lot of changes you can make to your home that will help ensure your safety, the most critical include:

- **Make sure your house is tidy:** Clean up books, papers, clothes, and shoes on the floor or stairs. Too often, a minor obstacle leads to a trip and fall.
- **Remove throw rugs or small area rugs:** Make sure your carpets are fixed firmly to the floor so that they won't slip. Put no-slip strips on tile and wooden floors.
- **Make sure there is good lighting:** Proper lighting and easy-to-find light switches at the top and bottom of stairs and on each end of a long hall can ensure your safety.
- **Have handrails on stairs and in bathrooms:** More importantly, use them! Hold the handrails when you use the stairs, up or down, and when you get in and out of the tub/shower.

Once you have considered the environment of your home, make sure you also address the individual living there, you! The safety of your home also depends on you making good decisions. For example, do not climb up on a chair to clean something high, and be careful on wet surfaces, whether bathing or cleaning. Inactivity affects your safety and may lead to more complications from a fall or injury. Fortunately, a proactive approach will reduce the risk of falling and keep you safe around your home!

Sources: <https://www.nia.nih.gov/health/fall-proofing-your-home>
<https://www.ncoa.org/article/6-falls-prevention-steps-to-help-your-older-loved-ones>

At-Home Exercise

Use This Exercise To Improve Your Balance.

SINGLE LEG BALANCE TAPS, FORWARD

Start by standing on one leg with the other leg slightly off the ground. Slowly tap your raised foot in front of you and behind you while maintaining balance. Repeat 3 sets, 10 reps each.



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

Patient Success Story

"It is rare to have a facility that offers physical therapy and balance therapy!"



"At my initial visit to Fyzical Therapy and Balance, I was unable to work due to dizziness and balance issues. Upon completion of my first visit, after the eval, I left the facility and was not dizzy. I had made steady improvements with each visit. My test evaluations have improved greatly, I have not missed any more work. The staff is very knowledgeable, accommodating, patient, and considerate. It is rare to have a facility that offers physical therapy and balance therapy. We are fortunate to have this in our area! Every patient's therapy is tailored to their individual needs."

— Mitzi D.

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

Schedule Your Appointment:

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FYZICAL®
Therapy & Balance Centers