

# NEWSLETTER

Virtual Reality Becomes A Reality For

# BALANCE REHAB



## INSIDE:

- What Are The Most Common Causes Of Balance Problems?
- Healthy Recipe: Pumpkin Baked Oatmeal
- At-Home Exercise: Romberg Balance
- Patient Success Story
- 5 Leaf Raking Tips

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# FYZICAL®

Therapy & Balance Centers

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## How Virtual Reality is Transforming Balance Rehabilitation

Do you find yourself getting dizzy doing everyday tasks? Do you notice your dizziness makes you feel less balanced? When was the last time you had your balance checked? No matter your age, you can improve your balance. At FYZICAL, we can help you figure out what is causing your dizziness and, more importantly, how to resolve it!

Experiencing an imbalance or noticing unsteadiness is a sign that you may be living with a balance or gait disorder. For some people, the symptoms seem to start without any reason, but for others, they occur following an injury, surgery, illness, or experiencing the effects of the aging process. Many people have questions about their dizziness and physical imbalance but may not know a physical therapist can help.

Balance disorders often stem from a treatable condition. Although it is more common for older people to have balance problems, it affects people of all ages. It is also important to note that physical therapists are movement experts and skilled at identifying and resolving the contributing factors!

If you have been noticing issues with your balance, we can help you figure out the root of your problem and treat it with virtual reality technology. Call FYZICAL today and schedule an appointment with one of our therapists!

**What is the importance of balance?** Balance is the ability to keep your body within the limits of your base of support (i.e., your feet). Maintaining good balance is necessary for most daily life activities and requires complex interaction with several systems in your body.

A complex interaction between the following regulates our sense of balance:

- Our inner ears monitor the directions of motion (i.e., turning, forward-backward, side-to-side, and up-and-down motions).
- Our eyes observe where the body is in space and the directions it is moving.
- Skin pressure receptors in the feet sense the ground and how the body moves on the different terrains.
- Muscle and joint sensory receptors sense what parts of the body are moving.

The central nervous system processes all the information from the other systems and coordinates them to ensure we maintain our balance in everyday life. Your musculoskeletal and central nervous systems must be constantly integrated to control your balance while standing, walking, changing positions, reaching, and even anticipating movements. Our physical therapist will create a customized treatment plan to improve your balance based on your specific limitations.

*(continued inside)*



**WE ACCEPT  
REFERRALS FOR  
MASSAGE THERAPY!**

FYZICAL offers massage therapy in the clinic. We also now accept referrals for this service! Contact us to schedule an appointment at (479) 855-9348.

## QUOTE OF THE MONTH:

"Don't let the fear of striking  
out hold you back."

– Babe Ruth

Schedule an appointment by calling **(479) 855-9348**.

# HEALTHY RECIPE: PUMPKIN BAKED OATMEAL



## INGREDIENTS

- 2½ cups old-fashioned rolled oats
- 1½ cups whole milk
- 1 (15 oz) can unseasoned pumpkin puree
- 2 large eggs
- ¼ cup pure maple syrup, plus more for serving
- 2 tbsp melted coconut oil or vegetable oil
- 2 tsp pumpkin pie spice
- 1 tsp ground cinnamon
- 1 tsp baking powder
- 1 tsp vanilla extract
- ¼ tsp salt
- ½ cup chopped pecans
- Whole-milk plain strained (Greek-style) yogurt for serving

## DIRECTIONS

Preheat oven to 375°F. Lightly coat a 7-by-11-inch baking dish with cooking spray. Combine oats, milk, pumpkin, eggs, maple syrup, oil, pumpkin pie spice, cinnamon, baking powder, vanilla and salt in a large bowl; mix well. Pour the mixture into the prepared baking dish; sprinkle with pecans. Bake until golden on top and set, about 40 minutes. Serve with yogurt and/or maple syrup, if desired.

<https://www.eatingwell.com/recipe/7995866/pumpkin-baked-oatmeal/>

## What Are The Most Common Causes Of Balance Problems?



### (continued from outside)

Poor balance and dizziness are common impairments that contribute to an increased risk of falling. It can sometimes be challenging to determine what is causing your balance deficits. The most common causes of balance impairments include:

- Vertigo due to inner ear disorder
- Low blood pressure
- Visual disorders
- Injuries to the head and neck
- Weakness in leg muscles
- Neuropathies in the feet
- Arthritis (especially in the spine and lower extremities)
- Medications

Most people don't think about keeping their balance in shape until it is too late and suffer a harsh fall. The good news is that our physical therapist can help you prevent most falls!

**How does virtual reality technology assist with balance rehabilitation?** What's the first thing that comes to mind when you think of virtual reality technology? Video games? What if we told you that this advanced technology has more applications than just having fun?

According to Science Daily, several research studies have looked into the use of virtual

reality (VR) to help assess balance and even train users to improve their balance.

"Dr Pooya Soltani, from the University of Bath, and Renato Andrade, from Clínica do Dragão, Espregueira-Mendes Sports Centre -- FIFA Medical Centre of Excellence, Porto (Portugal), reviewed data from 19 separate studies to investigate the validity, reliability, safety, feasibility and efficacy of using head-mounted display systems for assessing and training balance in older adults. Their results, published in the scientific journal *Frontiers in Sports and Active Living*, found that VR was effective in assessing balance and could be useful for fall prevention and for improving postural control and gait patterns." VR also allows us to test how well participants maintain their balance by adding disorienting effects or resizing and removing elements.

**Call FYZICAL today!** Our physical therapists have the extensive knowledge needed to identify and treat the source of a patient's balance or dizziness problems. Call FYZICAL today for a comprehensive assessment and learn what steps you can take to improve your balance and help you regain the confidence you need to stay active and healthy! It's time to unlock advanced VR technology and get back on your feet!

Sources: 210428113815.htm



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# 5 Leaf Raking Tips

For many of us, autumn is one of the most beautiful times of the year. There's nothing like the cool refreshing air and breathtaking fall foliage. However, with the changing of the seasons comes a chore that we all dread- raking leaves.



Thankfully, there are a few easy ways to make raking the leaves more enjoyable. If you need help with your follow through on this chore, keep reading!

**1. If you can, rake downhill.** Raking leaves is hard enough without having to go against gravity. Make this process a little easier on yourself by raking downhill.

**2. Pull the leaves towards you as you rake.** This technique helps keep stress off your back and prevents injury. For extra preventative measures, tighten your abdominal muscles as you move.

**3. Divide your lawn into sections.** If you're dealing with a huge lawn, don't overdo it by trying to tackle all the space in one day. Instead, divide your lawn into smaller, more manageable sections and spread the work out over a couple days.

**4. Wait until the leaves stop falling.** There's almost no point in cleaning up your lawn while your trees are still full of leaves! To save yourself from unnecessary stress, wait until the trees are bare to get started on this chore.

**5. Wear the proper clothes.** To prevent blisters or bug bites, it's important to wear long sleeves and long pants while raking. It's also a good idea to invest in a pair of strong gloves to protect your hands while you work.

# Patient Success Story

**“What a feeling not to be in constant pain every day!”**



“When I came to Fyzical Therapy & Balance Centers in Bella Vista, I was in extreme pain in my lower back. I had no balance and was forced to use a cane and sometimes even my wheelchair. After several sessions with Dr. Steven Ong, I could feel the difference. I was slowly regaining my quality of life. What a feeling not to be in constant pain every day. Don't live in pain! Visit Dr. Ong at Fyzical Therapy & Balance Centers in Bella Vista and start enjoying life. You'll be glad you did!”

— Claudia C.

## At-Home Exercise

Use This Exercise To Improve Your Balance.

### ROMBERG BALANCE

Start by placing one foot with your heel right next to the arch of your other foot. Keep your knees straight but not locked and bring your arms across your chest. Balance like this making sure to keep your abdominals braced and your butt squeezed. Hold for 30 seconds and repeat another set.



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**



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