

NEWSLETTER

How Concussions Can **IMPACT YOUR BALANCE**

INSIDE:

- What To Expect From Your Physical Therapy Sessions
- Healthy Recipe: The Very Best Roasted Carrots
- At-Home Exercise: Cervical Retraction And Extension With Towel
- Patient Success Story
- Have You Met Your Annual Insurance Deductible?

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



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GRAB OUR HOLIDAY STOCKING STUFFERS!

FYZICAL offers some exciting stocking stuffers just in time for the holidays. Grab yours while supplies last!

- Hyperice Hypervolt
- Hyperice Minisphere
- Venom Backs
- MuscleMX CBD Balm
- Voxx Socks

QUOTE OF THE MONTH:

"The elevator to success is out of order. You'll have to use the stairs, one step at a time."

– Joe Girard



Discover How Concussions Affect Your Balance

Have you or someone you love had a concussion? Do you notice that you are not as steady as you used to be since hitting your head? One of the most common symptoms after a concussion is loss of balance. At FYZICAL, our physical therapists are experts at treating concussions and all balance issues to help you get back to normal!

Concussions are a type of brain injury resulting from some form of trauma that causes a sudden acceleration and deceleration to the head, neck, or body. One of the more common problems associated with a concussion is the inability to maintain balance. It is estimated that between 40 and 60% of people have dizziness and balance issues following a concussion. Research on concussions is constantly evolving, and as we learn, it has become clear that prolonged rest does not work. In fact, it can actually make you worse. While it is true that rest is still important during the early stages after the injury, more and more data shows a proactive approach to concussions will lead to the best outcomes.

Fortunately, our physical therapists at FYZICAL specialize in concussion management and treatment of balance disorders. Call today if you are looking for a comprehensive approach to resolve your symptoms and get back to doing what you love. Request an appointment today to learn more about our concussion and balance programs!

What is causing your dizziness and loss of balance? Dizziness is a general term used to describe a sense of instability. The dizziness and balance loss common after a concussion are often associated with 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 the vestibular system is impaired, the messages to your brain are altered, and your balance and movement become affected. You may feel like the world is spinning around you, you can't focus your vision for prolonged periods, or you can't stand/move appropriately without feeling like you'll topple over. Your balance system is incredibly complex and allows you to walk around obstacles without thinking. However, it can be challenging to perform daily tasks and activities you enjoy when your balance is affected. The most common signs and symptoms of vestibular dysfunction include:

- Dizziness
- Disequilibrium and loss of balance
- Nausea or feeling faint
- Visual impairments

Identifying the mechanisms responsible for a problem with the vestibular system is the key to resolving your dizziness and balance problems. Fortunately, at FYZICAL, our physical therapists are trained to handle post-concussion symptoms associated with the vestibular system.

(continued inside)

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

HEALTHY RECIPE: THE VERY BEST ROASTED CARROTS



INGREDIENTS

- 2 lbs carrots, peeled & sliced on diagonal
- 2 tbsp good quality olive oil
- 1/2 tsp salt
- 1/4 tsp cracked black pepper
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 2 tbsp finely chopped fresh flat-leaf parsley or 2 tsp fresh thyme

DIRECTIONS

Preheat the oven to 425° F. Peel the carrots and cut off the tops. Slice carrots on the diagonal so each piece is about 1/2 inch thick at the widest part (each diagonal cut you make should be about 1 inch apart). Make sure carrots are all cut around the same size to ensure even roasting.

Add cut carrots to a very large sheet pan. Add olive oil, salt, pepper, paprika, and garlic powder. Toss to coat all the carrots.

Spread carrots into an even layer and roast in the oven for 10 minutes. Remove from the oven and quickly toss/flip the carrots then return to the oven. Bake for another 8 to 15 minutes, until caramelized and tender.

Remove the carrots from the oven. Toss with fresh herbs and serve immediately.

What To Expect From Your Physical Therapy Sessions



(continued from outside)

Rehabilitation should start immediately following most concussions to ensure the fastest recovery possible. At FYZICAL, our physical therapists with experience treating concussions and vestibular problems will thoroughly evaluate the severity of the conditions. We will also conduct testing to identify any other disorders or limitations that may affect the recovery.

We will use this information to develop a comprehensive program that includes targeted manual techniques, balance exercises therapy, posture corrections, and any appropriate pain relief technique to help you resolve your condition.

Early on, the most common treatments will focus on reducing vestibular symptoms through specific head and body movements and positions. These movements help alleviate your dizziness. We will also incorporate specific balance exercises, and particular activities focused on decreasing nerve sensitivity and reducing the effects of vertigo. And finally, we stress postural education to optimize function.

Our research-based exercise programs for post-concussion symptoms include graded strength training exercises and aerobic exercises. The research demonstrates the complete resolution of concussion symptoms through a graded exercise approach.

It is essential to see a physical therapist who knows how to guide you through a program tailored to your specific needs. Our team is highly skilled at working with post-concussion dizziness and balance disorders. We will work with you through all your recovery phases and ensure you have restored your normal function and abilities!

Call today to schedule an appointment.

Our team of physical therapists at FYZICAL are experts in treating concussion-related balance disorders. If you are looking for solutions to resolve your symptoms and get back to doing what you love, don't hesitate to call today!

Sources: <https://pubmed.ncbi.nlm.nih.gov/25291297/>
<https://www.sciencedirect.com/science/article/abs/pii/S09780444639547000148?via=ihub>
<https://pubmed.ncbi.nlm.nih.gov/34009789/>



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Have You Met Your Annual Insurance Deductible?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.



If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2023.

Have you undergone surgery recently? Call us today at (479) 855-9348 to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

Patient Success Story

"The staff was encouraging and knowledgeable for prescribed treatment!"



"Treatment for needs was successful. After a stroke, I needed treatment for vertigo and no longer suffer from it. The staff was encouraging and knowledgeable for prescribed treatment."

— Pat G.

At-Home Exercise

Use This Exercise To Stretch Your Neck

CERVICAL RETRACTION AND EXTENSION WITH TOWEL

Start by standing up straight. Wrap a towel around the back of your head and hold the ends with both hands in front of you. Tuck your chin, pushing your head back into the towel and then raise your chin up towards the ceiling against the towel. Return to start. Repeat 3 sets, 10 reps each.



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:

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