

THE



FYZICAL
Therapy & Balance Centers

NEWSLETTER

2021



INSIDE:

- What is Causing My Balance Issues?
- Healthy Recipe
- Patient Success Spotlight

FIGHT THE FALL

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FIGHT THE FALL

When was the last time you had your balance checked? No matter what age you are, your balance can always be improved - in fact, even those who do not live with a balance or gait disorder can still suffer from balance-related injuries that occur from poor posture or reflexes.

However, if you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time, it is a sign that you may be living with a balance or gait disorder. Balance disorders, and balance issues in general, all stem from the vestibular system.

The vestibular system is a delicate collection of fluid-filled chambers and sensory nerves located in the inner ear. Your vestibular system helps manage your "proprioception," or sense of position, and when this is altered, it can be difficult to keep yourself steady. If you have been noticing issues with your balance, contact FYZICAL Bradenton, Ellenton & South Sarasota today so we can help you figure out the root of your problem and treat it accordingly.

How can I tell if I need to improve my balance?

It can sometimes be difficult to determine if your balance is in need of improvement. The simple test below may be an indicator that you should seek physical therapy intervention:

- Stand barefoot next to a counter, sink, or chair with your hand gently grasping the counter surface.

- Put one foot directly in front of the other, so that one heel is touching the opposite toes.
- Gently lift your hand up, but keep it close to the counter in case you need to grab it quickly. Try to hold this for 10 seconds (only do this if you feel safe or have someone nearby to help you).
- Now try it with your eyes closed.

Do you wobble or lose your balance? This means your balance needs work.

Are you ready to get back on your feet and decrease your risk of sustaining a balance-related injury? Contact FYZICAL Bradenton, Ellenton & South Sarasota to schedule a FREE fall-risk screening to identify your risk of falling today!

Whether you have an acute injury, a chronic condition, or balance problems, seeing a physical therapist at FYZICAL Therapy & Balance Centers can help you return to a more active and pain-free life. Give us a call today at:

Bradenton-Central Clinic: (941) 749-1734

Ellenton Clinic: (941) 721-1854

South Sarasota Clinic: (941) 894-6848

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WHAT IS CAUSING MY BALANCE ISSUES?

According to the Centers For Disease Control (CDC), over 2.6 million adults were treated for nonfatal injuries in emergency departments in 2019. In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about keeping their balance in shape until it is too late and they suffer a harsh fall. The good news is that most falls can easily be prevented, simply by the regular exercising of your balance system. If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately, in order to avoid additional injuries in the future. It is important to note that you should also contact a physical therapist if you have any of the following symptoms:

- Dizziness or vertigo ("spinning" sensations, even when remaining still).
- Inability to focus or remain alert.
- Double vision or tunnel vision.
- Nausea or vomiting.
- Arm or leg weakness.
- Abnormal eye movements.
- Difficulty standing up from a seated position or standing for prolonged periods of time.

What could be the cause of my balance issues?

There are several factors that can impact your balance. Just a few include:

- Benign paroxysmal positional vertigo (BPPV).
- Meniere's disease.

- Vestibular neuritis.
- Migraines.
- Poor posture.
- Injury or ailment.
- Neurological issues, such as brain injuries, stroke, or Parkinson's disease.

The make-up of your treatment plan will be dependent upon the origin of your balance issue. When you arrive at FYZICAL Bradenton Ellenton & South Sarasota, your physical therapist will walk you through a comprehensive screening in order to gauge the nature of your condition and figure out the best course of treatment for you needs. Whatever the case may be, all treatment plans will contain targeted balance exercises and stretches to help improve your core vestibular system, and overall proprioception. Depending on you condition, vestibular rehabilitation and videonystagmography may also be included in your treatment plan.

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BANANA PARFAITS



INGREDIENTS

- 2 large ripe bananas
- 6 Tbsp dark brown sugar
- 2 Tbsp unsweetened apple juice
- 1 Tbsp unsalted butter
- 1/4 tsp salt
- 2 cups plain 2% reduced-fat Greek yogurt
- 1/4 cup chopped pecans, toasted

DIRECTIONS

Peel bananas and cut each in half lengthwise. Cut each half into 3 pieces. Combine sugar, apple juice, and butter in a nonstick skillet. Cook over medium-low heat for 3 minutes or until mixture begins to bubble. Add bananas to pan; cook for 2 minutes or until bananas begin to soften. Spoon 1/2 cup yogurt into the bottom of each of 4 parfait glasses. Divide banana mixture evenly among glasses. Top each serving with 1 tablespoon chopped and toasted pecans.

SAFETY OVERHEAD SUPPORT SYSTEM



At FYZICAL, we have changed the way balance and vestibular therapy is performed. Our clinic offers a Safety Overhead Support (SOS) System, an overhead harness support system consists of an overhead track and moveable trolley that allows the patient, while secured in a simple body harness, the freedom to

ambulate, perform functional types of activities, and fall with minimal risk of injury.

So what does that mean? We are able to challenge a patient appropriately to achieve the best possible results with balance and vestibular function without the therapist being fearful of harm to the patient, and even better, without the patient having a fear of falling. It is amazing what can be accomplished when the fear component is eliminated and how quickly fall risk reduces when degree of challenge is no longer the main limiting factor.

MAINTAINING YOUR MENTAL **AND** PHYSICAL BALANCE

Staying active and staying balanced in many ways go hand in hand. Staying active refers to the amount of activity that you engage in daily. This of course can refer to how much time you spend at the gym, but it can also refer to how many steps you take in a day, how often you find yourself running around the office, and how frequently you head out to the backyard to run around with your children or your dog. Balance in many ways works on the same principles. There are some activities that you do every day because you have to do them — work often falls into this category, as do household chores. But what about the activities that you simply love to do? What about the activities that you enjoy?

Think about the last time that you sat down with a book that you loved and made yourself a cup of tea or coffee and really enjoyed the moment. Perhaps it isn't reading that you wish you had more time for, but instead it is a garden that has grown weeds as it has been neglected. It could be a project at your home that you have looked forward to completing or an old car that you've wanted to fix up. There are special hobbies and interests that appeal to each of us, and spending time with those hobbies can help you live a more balanced life.

Alongside with the task of becoming more mentally balanced with the things that you spend time with in your life is the challenge of becoming more physically balanced. There are certain markers that typically indicate trouble with maintaining balance, such as frequently tripping and falling or feeling dizzy when standing too long. But even if you are not having fundamental issues with your ability to stay balanced in this way, you may still have difficulty with whole-body balance. Yoga is a great form of exercise to use to improve your ability to balance, as yoga helps to strengthen core muscles and improve coordination.



You can improve your physical balance by:

- Increasing muscle strength
- Improving stamina
- Improving core strength
- Practicing balancing techniques

Think about the percentage of time that you spend working during the week. For most people this number is well over 40 hours per week! Then consider how much time is spent driving to and from work and around town on errands, and then consider the time spent doing things you have to do at home, like the dishes or the laundry. Then really think about how much time you are spending doing the things that make you feel better — including those hobbies that you love, but also being active and engaging with the people you care about.

Part of becoming a more balanced person means finding ways to spend your time more wisely and taking more time for yourself as needed.

PATIENT SUCCESS SPOTLIGHT



I cannot say enough good things about Heather at FYZICAL Therapy and Balance Center. I had been to another PT center after my knee surgery and was very disappointed in my results. It set me back in my overall recovery. It has been over one year since my surgery and Heather has worked with me to get my knee where it should be. She has given me so many different exercises that I have never done before. She has also done cupping at times on my knee, and electrodes placed on my knee with either ice or heat after my session. Everyone there is very caring, knowledgeable and professional and I highly recommend this facility.

15 MINUTE CONSULT

CALL TO SCHEDULE TODAY!

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WE ARE RANKED #33
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EXERCISE OF THE MONTH

SINGLE LEG STANCE - FORWARD

Stand tall. Be close to support, both at your sides and behind in case you lose your balance. Balance on one leg. Hold for 5-10 seconds. Repeat as desired.

Good exercise to improve your balance.

 SimpleSet Pro
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