

AUGUST, 2021



FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

www.fyzical.com/manassas | (703) 368-7343



DANCE LIKE YOU NEVER HAD AN ISSUE WITH BALANCE

INSIDE:

- Why Is My Balance Compromised By Dizziness And/Or Vertigo?
- Exercise To Do At Home
- Patient Success Spotlight
- Healthy Recipe



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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.

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

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).** 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.

CONTACT US AT (703) 368-7343



How will physical therapy 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=8faba487-14c0-482e-9280-c655e1776ebe>

<https://www.google.com/search?q=cdc+balance+statistics&oeq=cdc+balance+statistics&q=chrome..69157.3980j0j7&sourceid=chrome&ie=UTF-8>

BALSAMIC GRILLED STEAK SALAD WITH PEACHES

INGREDIENTS

- 1 lb. skirt steak, trimmed of fat
- 1/4 c. balsamic vinegar
- 1 clove garlic, minced
- 1 tbsp. brown sugar
- 1 tbsp. vegetable oil
- kosher salt
- Freshly ground black pepper
- 1/4 c. extra-virgin olive oil
- Juice of 1 large lemon
- 6 c. baby arugula
- 2 peaches, thinly sliced
- 1/3 c. crumbled blue cheese/feta

DIRECTIONS

Add steak to a large Ziploc bag or baking dish and toss in balsamic vinegar, garlic and brown sugar. Let marinate 20 minutes at room temperature. Heat a grill or grill pan to high. Rub steak with vegetable oil and season generously with salt and pepper. Grill until desired doneness, 3 minutes per side for medium rare. Let rest 5 minutes, then slice. Meanwhile, make dressing: In a small bowl whisk together olive oil and lemon juice and season with salt and pepper. Arrange salad: In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss.

<https://www.delish.com/cooking/recipe-ideas/recipes/a47340/balsamic-grilled-steak-salad-with-peaches-recipe/>



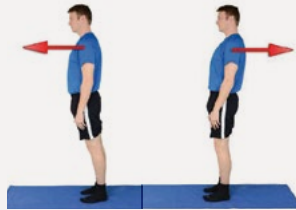
Exercise To Do At Home

Improves 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. Repeat. Repeat 5 times.

SimpleSet Pro
www.simpleset.net



WORD SEARCH

S F L I P P F L O P S I S L E P
S U N S C R E E N A N U O S I
A U N G U E S T H D O N V W C
B N E G J O C E A N F S S I N
A P O O L J U R Y S U H O M I
R U G U S A T A E U N I H S C
B M G C R E S A M A S N I U S
E E N U F O N S U M M E R I P
C M A A S T O H E T H I N T R
U V A C A T I O N S R H L A I
E R O B I L K R X J O I Q U N
I I N S E F I T S F U N P T K
C A R E L A X S U L Y L O L L
E J U N E A C F A M I L Y S E
I C E P O P A H O T S R E L R

AUGUST
BARBECUE
BEACH
FAMILY
FLIP FLOPS
FUN
HOT
ICE CREAM

ICE POP
JULY
JUNE
OCEAN
PICNIC
POOL
RELAX
SHORTS

SPRINKLER
SUMMER
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIMSUIT
VACATION



FYZICAL
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PATIENT SUCCESS SPOTLIGHT

“I had been experiencing vertigo for quite some time, but when I actually fell, my doctor sent me to FYZICAL Therapy for vestibular therapy. David was able to resolve my problem in just one visit! He was kind and understanding, and more knowledgeable than anyone I had seen for this problem in the past. I highly recommend that you make an appointment with David if you are having any dizziness or balance problems.” - **Martha J.**



Schedule an appointment today! **703-368-7343**

ARCHIES ARCH SUPPORT FLIP FLOPS

Archies Arch Support Flip Flops were designed to fix many of the issues associated with traditional 'flat' flip flops. Archies Flip Flops look just like 'normal' flip flops, yet provide the same amount of support as a typical orthotic.

The **Specialized Closed-Cell Foam Material and Patented Footbed** not only molds and conforms to the shape of your foot, but cradles and supports your arches, putting your feet in the most biomechanically appropriate position possible.

This improved postural alignment, in combination with a tighter strap, leads to improved lower limb mechanics which results in less energy exertion effortless walking, speedier athletic recovery and overall healthier feet!

Our clinic in FYZICAL Manassas carries various colors and sizes to match your needs so feel free to give us a call or walk-in to get your own pair!



archies
Arch Support Flip Flops

Do you have any questions? Give us a call and we will put you on the phone with one of our therapists!
(703) 368-7343

