



## ENJOY SAFE TRAVELS WITHOUT FEAR OF POOR BALANCE

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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 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).

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

According to the Centers For Disease Control (CDC), over 2.5 million adults were treated for nonfatal injuries in emergency departments in 2013. 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 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).
- Blurred vision with head movement side to side
- Apprehension with walking on unlevel surfaces (i.e. grassy field), or stepping off a curb
- Trouble keeping your balance when walking in busy environments such as a crowded mall
- A sudden loss of balance when you close your eyes.
- Difficulty maintaining your balance in dimly lit environments
- Difficulty standing up from a seated position or standing for prolonged periods of time.

## WHAT'S CAUSING MY BALANCE ISSUES?

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

- Muscular weakness - especially in the legs
- Reduced physical activity. This is especially prevalent as a result of the COVID-19 pandemic
- Foot and/or ankle problems
- Loss of sensation in the feet (neuropathy)
- Vision/hearing problems
- Certain medications or combination of medications. Have a discussion with your doctor about this. Never discontinue a prescribed medication without first consulting with your doctor.
- Neurological/Vestibular disorders - many of which are treatable!

**The make-up of your treatment plan will be dependent upon the origin of your balance issue.**

When you arrive at FYZICAL, your physical therapist will walk you through a comprehensive exam in order to gauge the nature of your condition and figure out the best course of treatment for your 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 your condition, vestibular rehabilitation and videonystagmography may also be included in your treatment plan.



Are you ready to get back on your feet and decrease your risk of sustaining a balance-related injury? [Contact FYZICAL to schedule a consultation and get started today!](#)

**SCHEDULE AN APPOINTMENT BY CALLING (703) 368-7343**

## CHICKEN QUESADILLAS

### INGREDIENTS

- 2 tbsp low sodium chicken broth
- 1/4 cup onion, chopped
- 1 small garlic clove, minced
- 1/4 cup bell pepper, chopped
- 2 chili peppers, minced (to taste)
- 3 plum tomatoes, chopped
- 8 flour tortillas
- 1 cup low-fat cheddar cheese, shredded
- 1 1/2 cups cooked chicken, shredded
- scallion, cut on the bias (garnish)
- salsa (garnish)
- nonfat sour cream (garnish)

### DIRECTIONS

In a medium-heavy skillet, saute the onions, garlic and peppers until soft in the 2 tablespoons chicken broth. Add the chili peppers and tomatoes and simmer for a few minutes more until the liquid has evaporated. Add the chicken and stir well to combine. Spray a cold skillet with the nonstick spray and heat over medium heat. Place a tortilla in the pan and sprinkle with 1/8 cup cheese. Add about a quarter of the chicken mixture and top with another 1/8 cup cheese. Cover with another tortilla and cook for two to three minutes or until golden brown. Flip the quesadilla over and cook for an additional two minutes. Remove from the heat and cut into edges. Keep warm while frying the remaining quesadillas. Serve with salsa, scallions, and fat-free sour cream.



# Exercise To Do At Home

Improves balance

## BALANCE TANDEM STANCE

Start by locating a heavy chair or countertop to steady your balance. Then, place one foot in front of the other foot in a heel to toe position. Maintain your balance. Return to starting position and repeat. Attempt this exercise alternating the opposite foot in front. If this is too difficult, try the exercise with your feet together instead of in tandem.

## FUN & GAMES

6				5	9	4		
		3			1			
7			6				2	5
	1			7	8			2
		7		1		3		
8			9	4			6	
5	8				3			7
			1			2		
		9	8	2				4

<http://1sudoku.com>

n° 225096 - Level Medium

## PATIENT SUCCESS SPOTLIGHT

“ I have had several months of physical therapy for a stiff neck, then an arthritic knee, and finally balance. I highly recommend all of FYZICAL’s therapists and staff. They are very professional, yet personable and fun to work with. They definitely know what they are doing and work very well together. I truly enjoyed all of my sessions with them. Most importantly, they really helped my neck, knee, and balance to improve.” - **Marilyn U.**



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

## WHAT'S YOUR FALL RISK SCORE?

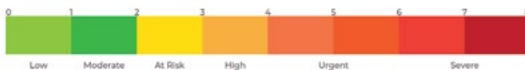
The following quiz was devised by the CDC to help determine a person’s risk for sustaining a fall. To receive more information on strategies for improving your balance, we encourage you to complete the quiz online at [www.fixmybalance.com/fyzical](http://www.fixmybalance.com/fyzical)

### Take this FALL RISK Assessment Quiz

- |  |   |  |
|--|---|--|
| I have fallen in the last year.<br>Yes (2)<br>No                     | I use my arms to push myself up from a chair.<br>Yes (1)<br>No      | I stumble often or look at the ground when I walk.<br>Yes(1)<br>No   |
| I use or have been advised to use a cane or walker.<br>Yes (2)<br>No | I sometimes have trouble stepping up onto the curb.<br>Yes(1)<br>No | I frequently have to rush to the toilet.<br>Yes(1)<br>No             |
| I sometimes lose my balance when walking.<br>Yes (1)<br>No           | My body sways when standing stationary.<br>Yes (1)<br>No            | I have lost some feeling in one or both of my feet.<br>Yes(1)<br>No  |
| I worry about falling.<br>Yes (1)<br>No                              | I take short narrow steps.<br>Yes(1)<br>No                          | My Medication makes me feel light-headed or sleepy.<br>Yes (1)<br>No |

## YOUR FALL RISK

If you scored 4 points or more, schedule your free fall risk assessment evaluation today!



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**

