

NEWS



FYZICAL®
Therapy & Balance Centers

LETTER



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**WE HAVE A NEW
LOCATION IN
GAINESVILLE!**

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INTRODUCING OUR NEW GAINESVILLE LOCATION!

Drs. Ebbecke and Yang are very proud to announce a new health and wellness resource for Gainesville with the opening of their second [FYZICAL Therapy & Balance Centers](#) Clinic at 7051 Heathcote Village Way, Suite 260 in January 2022.

With more than 440 centers across 45 states, [FYZICAL Therapy & Balance Centers](#) offers a holistic approach to wellness. FYZICAL not only helps clients recover from injuries and surgeries but also helps them achieve better overall health and wellness. With its Balance Therapy Program, FYZICAL franchisees are equipped with technology to help treat the vast and complex range of issues that can cause balance disorders.

Dr. Ebbecke has been a practicing physical therapist in Manassas, VA since 1997. Founder of Piedmont Physical Therapy, Inc., he joined FYZICAL in 2019 so he and his team could offer more specialized care to those with balance and dizziness problems. Both he and co-owner, Dr. Yang, have fully embraced the FYZICAL balance paradigm which has guided them to delivering better patient outcomes.

"Every balance problem is unique, and if we are to expect favorable outcomes for our patients, we must practice with this in mind," says Dr. Ebbecke. "Thanks to FYZICAL, we now have the education and resources to treat those who have issues with their balance. We chose Gainesville for our second location because we recognize there's a need for what we have to offer in this community – a need which is currently unfulfilled."

Gainesville's new FYZICAL Therapy & Balance Centers Clinic will offer a wide variety of services designed to address a broad range of diagnoses, conditions, and concerns, including dizziness, balance, post-concussion and neurologic issues. The center will also offer an orthopedic rehabilitation program that helps patients reduce and reverse orthopedic pain or immobility and its attendant health issues.

"We are thrilled to bring our innovative and comprehensive wellness treatments to Gainesville" said Brian Belmont, FYZICAL's CEO. "This is a great community with a demonstrated demand for what we have to offer, and we couldn't be more excited to get started."

BETTER LIVING THROUGH BETTER BALANCE

Falls can be a constant worry for seniors and others who have physical challenges. And those worries are not unfounded. Falls are the leading cause of injury-related deaths and serious health problems in the U.S. Approximately one in three adults over 65 fall each year, and that number increases to 50% for those who are 85 years old or older. Even if you've never had a fall, a fear



of falling by itself is a risk factor and strong predictor of future falls. Improving your walking skills — technically known as your “gait” — and your balance are interrelated challenges. At FYZICAL Therapy & Balance Centers Manassas & Heathcote we help you master these skills to decrease your risk of injury, while at the same time increasing your confidence and independence.

What are the benefits of balance and gait training? Balance and gait are inextricably linked because they tend to impact one another. Even if you don't think you're in danger of falling over, that “running out of steam” while walking that you're attributing to aging muscles could be something else. The problem might actually be slowing reflexes, which make moving around seem more strenuous than it is. By the same token, poor posture and gait can throw off those reflexes.

In fact, the balance and gait systems both rely to some extent on a complex number of body systems that include the inner ear, the eyes, the joint-muscle-nerve system, and of course

cognitive functions. Therapy that improves gait and balance works with all of these systems to keep them functioning in harmony. Gait and balance training has a range of benefits, with avoiding injuries being at the top of the list. Beyond lessening your chances of falling or feeling dizzy, you're also more likely to feel confident with your footing. In addition, those aches and pains from poor posture are likely to decrease as well.

What does balance and gait training entail? First, we'll evaluate your gait to determine potential problems with strength and posture. Simple movements to test balance are also part of the assessment. Together, these basic evaluations point us in the direction of what to focus on in terms of therapy. Hip and ankle weakness often leads to balance problems, as does poor posture. Strength and flexibility movements can help counteract these problems. These are often as simple as leg lifts while seated in a chair, or “knee marching.” We may also practice standing on one leg, walking heel-to-toe, or tracking the movement of your thumb with your eyes as you move it in various positions.

At FYZICAL Therapy and Balance Centers Manassas & Heathcote our therapists realize how important balance and walking is for independent living, work activities, exercise, sports and enjoying life in general. That's why we provide a range of programs and therapies to evaluate and treat balance disorders:

- Assessment and Evaluation Programs
- Difficulty Walking
- Gait Training and Balance Programs
- Fall Prevention and Balance Retraining
- Manual Therapy
- Fitness and Wellness Programs
- Vestibular Rehab
- Functional Training

Ready to “balance” your life again? With our dedicated team of physical therapists behind you, you'll regain confidence in navigating challenging terrain and learning how to avoid dizzy spells. You may even be able to leave that cane or walker behind!

SCHEDULE AN APPOINTMENT BY CALLING (703) 368-7343

SAFETY OVERHEAD SUPPORT SYSTEM (SOS)

One of the greatest predictors for success with balance and vestibular therapy is centered around how much challenge a patient can be provided. Ask any therapist and they will tell you that using a gait belt is NOT a fool proof technique and that degree of challenge is restricted based on fear of the patient falling. Not only does the therapist restrict challenge based on fear, but the patient also restricts their participation due to an overwhelming sense of fear of falling.

At Fyzical, we have changed the way balance and vestibular therapy is performed. Our clinics offer a Safety Overhead Support System which utilizes body harnesses suspended from a rails system and acts as a full body weight supporting system for if a patient were to fall. 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, 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.



FUN & GAMES

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http://1sudoku.com

n° 327735 - Level Hard

QUIZ Time!

What Factors Are Affecting Your Balance?



Take This FREE 60-Second Quiz To Find Out "What Mistakes Are You Making That Affect Your Balance Putting You At Risk For A Fall?"

Take the Quiz Online at: <https://quiz.fyzicalbalancefix.com/sf/dbdf5d5a>

Once you've completed the quiz you'll receive a report detailing your unique results PLUS an invitation to pre-register for a webinar we're putting together highlighting our balance program.

PATIENT SUCCESS SPOTLIGHT

“Started going here for vestibular rehab due to severe vertigo. I was at the point of just about trying anything. Erin really helped me with being able to regain my balance and helping me walk straight. Twice a week I went and after every session I felt like I was getting better each time. The staff put in time and effort to really help me where I am today.”



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

HEALTHY RECIPE
GARLIC PARMESAN-STUFFED MUSHROOMS

INGREDIENTS

- 15 mushrooms
- 1 tbsp canola oil
- 2 tbsp garlic, chopped
- ½ tbsp kosher salt
- ½ tbsp black pepper
- 8 oz cream cheese, softened
- ¼ cup italian breadcrumbs
- ½ cup shredded parmesan cheese, divided
- 2 tbsp fresh parsley, chopped
- 1 teaspoon kosher salt



- 1 tsp black pepper
- fresh parsley, chopped, to garnish

DIRECTIONS

Preheat oven to 350° F (180°C). Cut the stems off of each of the mushrooms and finely chop them, setting the mushroom caps aside for later. Heat the oil in a pan over high heat. Cook the chopped stems with the garlic, salt, and pepper for about six to eight minutes, constantly stirring. Remove from heat. In a medium bowl, combine cooked stems, cream cheese, breadcrumbs, half of the parmesan, parsley, salt, and pepper, mixing until evenly combined. Space out the mushroom caps evenly on a baking sheet, upside down. Spoon a generous amount of the cream cheese mixture on top of each mushroom. Top each mushroom with a sprinkle of parmesan cheese. Bake for 20 minutes. Garnish with a sprinkle of parsley, then serve!

<https://tasty.co/recipe/garlic-parmesan-stuffed-mushrooms>

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2. Center the QR code above in the frame (this will take you directly to our Google Review page)
3. Tell us how we did!

