



NEWSLETTER

ENJOY THE HOLIDAYS BY RELIEVING
YOUR DIZZINESS & VERTIGO



FREE
END OF THE YEAR
30 MINUTE CONSULT
DETAILS INSIDE

New St. Bernard Clinic!
Details Inside

ALSO INSIDE:

WHY IS BALANCE COMPROMISED BY DIZZINESS & VERTIGO? • PATIENT SUCCESS SPOTLIGHT • FYZICAL TREE OF DEALS • AND MORE!


 N E W S L E T T E R

FIND YOUR HOLIDAY CHEER BY RELIEVING YOUR DIZZINESS & VERTIGO



NEW ST. BERNARD CLINIC!

We are so excited to announce our new location in St. Bernard as an extension of our quality care!

Come and see us at **8400 W Judge Perez Dr. Suite #9, Chalmette, LA 70043.**

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.

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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.**

www.fyzical.com/new-orleans

WHY IS BALANCE COMPROMISED BY DIZZINESS & 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. 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

The causes of vertigo aren't nearly as vast. In fact, 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.

How will physical therapy help? FYZICAL has some of the most advanced techniques for diagnosing and treating both dizziness and vertigo. 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. 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&oq=cdc+balance+statistics&aqs=chrome..69j57.3980j0j7&sourceid=chrome&ie=UTF-8>

Call today to schedule an appointment!

FYZICAL TREE OF DEALS

We are putting up our Christmas FYZICAL tree for the holidays! **This tree has our products as ornaments with deals under \$35.** Our Christmas FYZICAL tree will be up the whole month of December. Stop by to take advantage of our stocking stuffer deals!



\$10

- *CLX Theraband (any color) (reg. \$11.05 - \$18.79)
- *Half Round Foam Roller (6x36) (reg. \$13)
- *Theraband Hand Exerciser Ball (reg. \$12.10)
- *Theraband FlexBar (any color) (reg. \$14.25 - \$18.58)

\$15

- *CLX Theraband (any color) & DOOR ANCHOR Bundle (reg. \$19.00 - \$27.34)
- *Hot/Cold Packs (Back or Neck) (reg. \$22.10)
- *Pulley Shoulder System (reg. \$16.38)
- *Stretch Out Strap (reg. \$21.00)
- *Full Round Foam Roller (6x36) (reg. \$17.00)

\$20

- *Bruise Strain & Tear Repair Gel (reg. \$24.31)
- *Slant Board (reg. \$22.10)

\$25

- *Parasilk Wax - Mitts or boots (reg. \$33.15)
- *Archies Orthotic Flip Flops (reg. \$38.67)
- *VOXX Socks - Athletic & Wellness (reg. \$33.15 - \$38.68)

\$35

- *Power + Performance Supplement (reg. \$44.15)
- *Wild Omega + Supplement (reg. \$41.94)

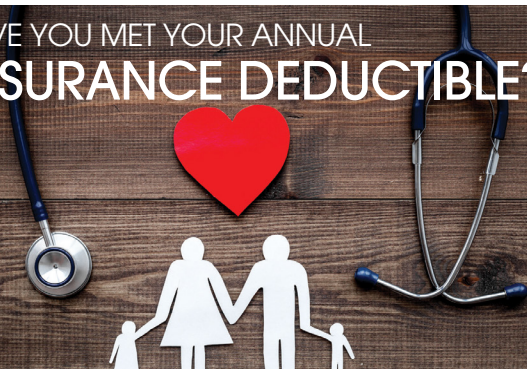


DEALS EXPIRE
JANUARY 1ST



IF YOU'RE INTERESTED IN THERAPY OR FITNESS, VISIT WWW.FYZICAL.COM/NEW-ORLEANS OR CALL US TO SCHEDULE YOUR APPOINTMENT WITH FYZICAL TODAY!

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 2021.

Have you undergone surgery recently? Call us today to schedule an appointment with one of our physical therapists. **COME IN BEFORE THE END OF THE YEAR FOR A FREE 30-MINUTE CONSULT WITH ANY OF OUR THERAPISTS!**

VEGAN GINGERBREAD COOKIES

INGREDIENTS

- 1 cup white whole-wheat flour
- 1 cup all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 2 tsp ground cinnamon
- 2 tsp ground ginger
- ½ tsp ground nutmeg
- ¼ tsp salt
- ½ cup coconut oil, at room temperature
- ½ cup sugar

DIRECTIONS

Combine whole-wheat flour, all-purpose flour, baking powder, baking soda, cinnamon, ginger, nutmeg and salt in a medium bowl. Cream coconut oil and sugar together with an electric mixer in a large bowl. Add molasses, water and vanilla and beat until mixed thoroughly. Gradually add the flour mixture, beating at low speed until just combined. Divide the dough into thirds. Place one third of the dough on a 12-inch-long sheet of parchment paper and shape into a disk. Top with a second sheet of parchment. Roll out the dough between the parchment to a thickness of about 1/4 inch. Place the parchment with the rolled dough on a baking sheet. Repeat with the remaining dough, stacking each piece of parchment with rolled dough on top of the previous one. Freeze on the baking sheet 30 minutes to 1 day. Position a rack in middle of oven; preheat to 350 degrees F. Line 2 or 3 large baking sheets with parchment paper. Remove the top sheet of parchment and cut out cookies with 2 1/2- to 3-inch cookie cutters. Transfer the cookies to a prepared baking sheet with a wide, thin spatula, spacing them about 1 1/2 inches apart. Bake about 10 minutes. Let the cookies cool for 5 minutes, then transfer to a wire rack to cool. Decorate as desired.



- ½ cup molasses
- ¼ cup water
- 1 tsp vanilla extract

<http://www.eatingwell.com/recipe/268542/vegan-gingerbread-cookies/>

HOLIDAY MESSAGE A TIME FOR CHRISTMAS CHEER



Merry Christmas from your New Orleans & St. Bernard team!

PATIENT SUCCESS SPOTLIGHT!



Made my shoulder at least 90% healed.

"Well, this place is like home, family, and a day at the beach! Ah, not exactly! However, I came with anticipation of relief of shoulder pain from a rotator cuff injury. My PT, Sydney Field, worked me very hard. 'Come on, you can do it,' she would say. And I did. Pain? Yes, but results? Yes, and I graduated. The hard work along with a positive attitude combined, made my shoulder at least 90% healed. I want to say thank you to the entire staff here, as well as the receptionists. It was worth every session!" - Sharon K.



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