

THE



**FYZICAL**<sup>®</sup>

Therapy & Balance Centers

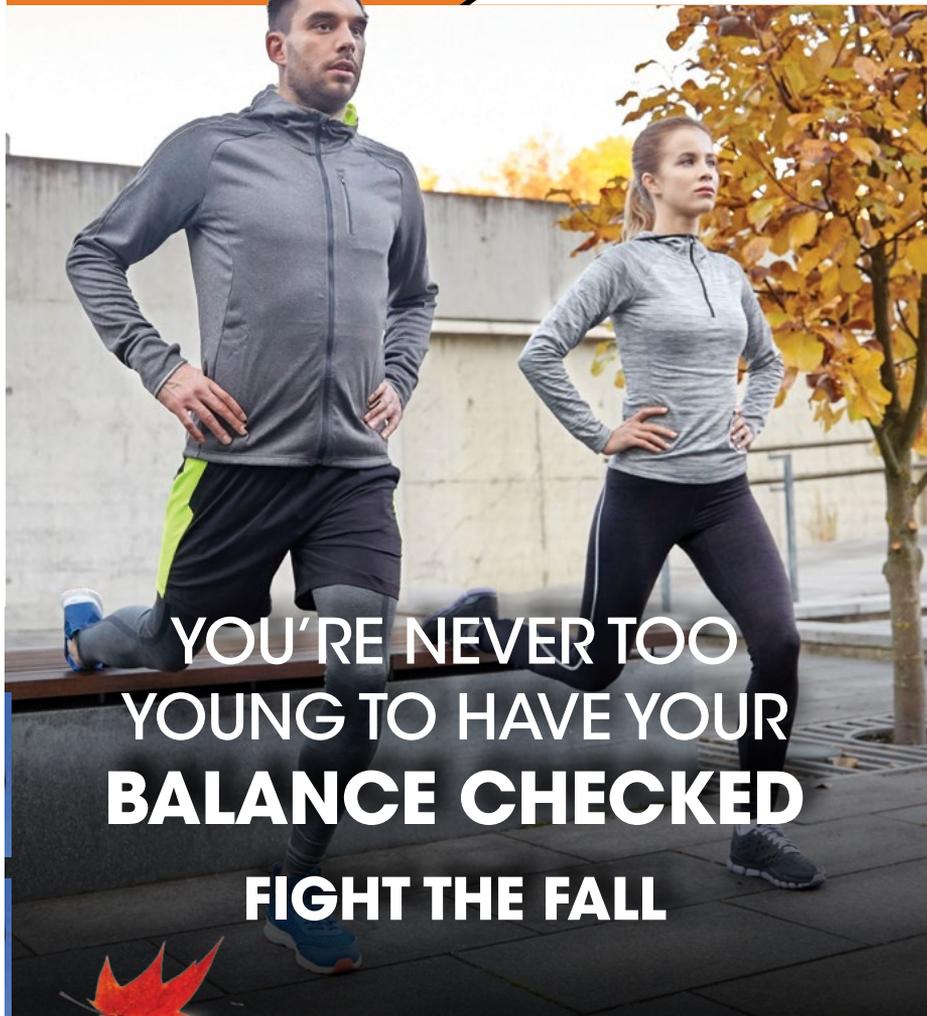


A SUBSIDIARY OF



**Southwest Sport & Spine Center, Inc.**  
*"Powerful results to get you BACK into action."*

# NEWSLETTER



**YOU'RE NEVER TOO  
YOUNG TO HAVE YOUR  
BALANCE CHECKED  
FIGHT THE FALL**



## INSIDE:

- What's Causing My Balance Issues?
- Healthy Recipe
- Patient Success Spotlight
- Sudoku

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# NEWSLETTER



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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).

- Now try it with your eyes closed.
- 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 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'S CAUSING 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, 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!

Mall Drive: 575-522-0766 | Locust Street: 575-521-4188 | Northwestern: 915-875-1559

## SUDOKU

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

<http://1sudoku.com>

n° 322127 - Level Hard

## HEALTHY RECIPE: COCONUT APRICOT ENERGY BALLS



### INGREDIENTS

- 1 1/2 cups dried apricots
- 1 cup raw cashews (can sub blanched almonds or macadamia nuts)
- 1/4 cup unsweetened shredded coconut (plus extra for rolling)
- 2 tbsp brown rice syrup



- 1/2 tsp vanilla extract
- pinch of salt

### DIRECTIONS

Add all of the ingredients to a food processor and pulse until everything is mixed together. You should be able to easily press the mixture between your fingers to form a sticky dough. Scoop out 1 tbsp at a time of the mixture and use your hands to roll into a ball, then dip each ball into a plate of shredded coconut. Place in the fridge for at least 2 hours to set.

Source: <https://choosingchia.com/coconut-apricot-energy-balls/>

## PATIENT SUCCESS SPOTLIGHT



### Most importantly they were able to help me accomplish the goals I had set for therapy!

"This place and the staff is amazing!! I went in for vertigo/dizziness and they almost immediately were able to tell me what was causing it. I felt truly cared about by my physical therapist. Most importantly they were able to help me accomplish the goals I had set for therapy. I would 100% recommend them to anyone." - **Ricardo J.**



**WE MAKE IT  
EASY TO LEAVE  
A REVIEW!**

### INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame  
(this will take you directly to our Google Review page)
3. Explore our website!



MALL DRIVE

LOCUST STREET

NORTHWESTERN



## STAFF SPOTLIGHT:

**AMANDA KNETTEL PT, DPT**



### What are your specialties and schooling background?

I enjoy working with patients who have vestibular impairments, concussions, balance impairments, neurological conditions, and generalized orthopedic injuries. I have had 7 years of experience also working in ICU/acute care.

I did my undergraduate school at Arizona State University where I majored in Kinesiology and minored in Sociology. I went to graduate school at Creighton University in Omaha, Nebraska where I earned my DPT.

**What do you like most about PT?** What I like most about PT is the ability to impact a patient and/or their family's lives for the better. It brings me joy seeing a patient improve, achieve their goals and get back to living their best life. It is an amazing feeling getting to be a part of someone else's journey in healing and recovery.

### What can we offer the prospective client at Mall Drive?

At the Mall Drive FYZICAL location, we can offer people a great opportunity to improve their balance, gait, dizziness, decrease their pain, improve their strength, motion, and overall function with their daily activities. There are so many great minds with vast knowledge and expertise in vestibular therapy, orthopedic, neurological, and chronic pain conditions. We can offer patients many different options to succeed in their rehab by offering aquatic therapy, specialized balance/vestibular equipment, quality fitness equipment, as well as massage therapy to enhance their healing process.