



**FYZICAL**<sup>®</sup>  
Therapy & Balance Centers

# NEWSLETTER

## **Fight the Fall!**

*Avoid Injuries By Improving Your Balance*



Schedule your appointment today by scanning the QR code or by visiting us online at [fyzicalutah.com](http://fyzicalutah.com) or call the clinic closest to you.

[fyzicalutah.com](http://fyzicalutah.com)



# NEWSLETTER



## Fight the Fall! Avoid Injuries By Improving Your Balance

### Is Your Balance Where It Could Be?

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 disorders 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 Therapy & Balance Centers 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 Therapy & Balance Centers, 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.



## Clinic News!

During the month of September, we will be doing free Fall Risk Assessments for the community doing our part to fight the fall!

*Call a Fyzical clinic nearest you to learn more!*

## Refer A Friend



## Do You Have Friends Or Family Unable To Do The Following?

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active and healthy life

Have Them Call Us Today!  
They will thank you, and so will we!

## Healthy Recipe



### Trail Mix

- 1 cup raw almonds
- 3/4 cup raw cashews
- 2/3 cup raw pumpkin seeds
- 1/3 cup raw sunflower seeds
- sea salt for taste
- 2 tbsp unsweetened dried cranberries, chopped
- 2 tbsp vegan dark chocolate chips

Chop any large ingredients if necessary to make everything about the same size. Give the dried fruit a light sprinkle of sea salt before you mix it in (it sticks better), or sprinkle the whole mix with salt if you prefer. Combine all ingredients in a bowl and enjoy! Store in an airtight container for up to 2 weeks.

## 3 Tips To Improve Nutrition In The Fall



### Harvest Your Herbs

Herbs tend to have higher levels of antioxidants and other phytonutrients than other types of vegetables. So even though we tend to eat them in relatively small quantities, herbs can add a lot of nutrition to foods.

### Become A Soup Chef

Getting into the habit of making a big pot of soup every weekend is a great way to improve your nutrition all week long. If you're using a pressure cooker or slow cooker, they also need very little supervision while they are cooking.

### Make A New Fermented Friend

Probiotic foods help to promote the growth of helpful bacteria in your gut. Good gut bacteria can aid in digestion, nutrient absorption, and help you maintain a healthy weight.

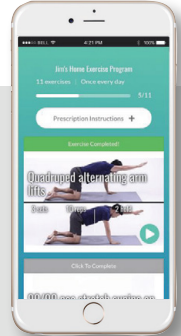
[fyzicalutah.com](http://fyzicalutah.com)

## Personalized Home Exercise Program

Rather than printing exercises on paper for you as we've done in the past, we now have the option to prescribe specific home exercises via our new app. You'll love the high-quality video content that stays in your pocket for reference and recording completion. *Reach out to us or visit our website at [fyzical.com/utah](http://fyzical.com/utah) to learn more about this program.*



- Easy Access to Your Home Exercise Program
- Full Exercise Videos with Instructions
- Personalized Notes From Your Therapist
- You Earn Medals, Awards, & Achievements
- Health Tips & Strategies



## Has Your Pain Come Back?

*Come back in for physical therapy!*

**Provo Address:**  
3303 North  
University Avenue  
Provo, Utah 84604  
(801) 373-7438

**Lehi Address:**  
3401 North Center  
Street Suite #200  
Lehi, Utah 84043  
(385) 309-1951

**Orem Address:**  
360 South State  
Street #C110  
Orem, Utah 84058  
(801)-850-9146

**Ogden Address:**  
1221 E 5800 S  
South Ogden, UT  
84405  
(801) 476-2000

**Midvale Address:**  
6717 S. 900 E.  
Suite 201  
Midvale, Utah  
(801) 649-4690



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