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# FIGHT THE FALL

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- What's Causing My Balance Issues?
- Exercise To Do At Home
- Patient Success Spotlight
- A Moment With Kruckeberg





# 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!](#)

## CONTACT US!

**MATTOON: (217) 345-1245**

**SULLIVAN: (217) 728-8100**

### TRAIL MIX



#### INGREDIENTS

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

#### DIRECTIONS

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.

### FIGHT THE FALL SEPTEMBER

## DAY OF FREE SCREENINGS

We want to help our patients Fight The Fall by providing FREE screenings at our clinics! The free screenings will be held **Wednesday, September 22nd**. Screenings will consist of a 30-minute one-on-one appointment with the physical therapist of your choice.

These screenings are ideal for people suffering with pain from:

- **Low Back**
- **Neck**
- **Arthritis**
- **Dizziness**
- **Sciatica**
- **Hip**
- **Shoulder**
- **Elbow**
- **Hand/Wrist**
- **Knee**
- **Foot/Ankle**
- **Weakness**

If you are having pain or problems with day to day activities such as walking, standing, sitting for long periods, going up or down stairs, getting in or out of the car, sleeping or driving then you should schedule an appointment for this free screening!



## PATIENT SUCCESS SPOTLIGHT

“I couldn’t walk very well, when I came here and my balance wasn’t good at all. Now I can walk farther and my back doesn’t hurt when I do it. My balance has improved a lot since I have been coming here. I enjoyed doing the exercises and enjoyed my trainer very much. I hope everyone else who comes here gets along as I have and enjoys it also.” - Lily C.



## A MOMENT WITH KRUCKEBERG



Dick Kruckeberg

Yikes, someone left the burner on because Summer sure turned hot. Moving my son, Keegan, invited a light rain followed by steamy humidity but we were successful. Carbondale to Springfield is no short drive. Fortunately, after a drive like that, we had lots of help to unload the U-haul. Now he has to unpack and get ready for the next 3 years as there are no summers off. As he told me this trip, medical school is a total “immersion” of life.

Fight the Fall. Each year we use this call because of the potentially severe issues that can result from a fall. The statistics show us how often it can happen. My family’s personal story includes my wife, Robin, who fell walking to the bathroom and sustained a fractured ankle. This included surgery and a cast boot and a kneeling scooter for 7 weeks. Fortunately, the early motion allowed by the surgeon and supervised by her physical therapist ended with excellent results. She would tell she would have gladly avoided the fall, fracture, and sleepless nights.



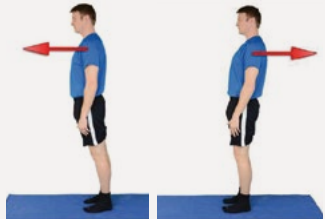
Let’s aim to avoid falls by having your balance assessed during our Fight the Fall campaign. Call 217-345-1245 Monday, Wednesday, or Friday.

## Exercise To Do At Home

Improves balance

### BALANCE | ANKLE STRATEGY

Stand with good posture. Sway backwards and forwards keeping your knees and hips straight. Maintain your balance by using your ankles. Sway for 30 seconds. Rest. Repeat 5 times.



Are you in pain? Have you sustained an injury? **Give us a call today to schedule an appointment!**

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