

SCHEDULE AN EVALUATION

# THERAPY FIT NEWSLETTER

AUGUST 2023



## HAS YOUR BALANCE BEEN AFFECTED BY A HEALTH CONDITION? PHYSICAL THERAPY COULD HELP

**Do you feel unsteady when you are walking? Do you find yourself reaching out for walls or furniture to touch to feel safe? At Therapy Fit, our physical therapists are movement experts and will help you figure out the cause of your issues and how to resolve them more importantly!**

Experiencing any imbalance or unsteadiness may signify that you have a balance disorder. Balance issues can start after an injury, surgery, or an illness, but for others, a neurological condition like Parkinson's or a stroke can be the start of their challenges.

Our physical therapists are movement experts and skilled at identifying and resolving the factors causing your limitations! It is very important to note that there is hope no matter the cause of your balance disorder!

### Common Reasons For Loss Of Balance

Underlying musculoskeletal and neurological disorders are often the cause or aggravate your balance disorder. Fortunately, your physical therapist can help you regain your balance to get back to your normal daily activities.

People are more likely to have problems with balance as they get older. But age is not the only reason for these challenges. The leading causes of balance problems include:

- Medications (i.e., improper, inadequate, or inappropriate dosage)
- Ear infection or anything else that affects the inner ear
- Head injury or injury to the brain (i.e., stroke, Parkinson's, dementia)
- Joint and/or muscle problems
- Vision loss
- Low blood pressure can lead to dizziness when you stand up too quickly

If you stagger when you try to walk or teeter or fall when you try to stand up, you may have a balance disorder, and our team at Therapy Fit can help!

*Continued inside.*



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**ARE YOU IN PAIN?**  
Call Today to Schedule  
Your Appointment

**(972) 587-9404**



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## How Physical Therapy Can Help Your Balance

At Therapy Fit, your initial evaluation will consist of a comprehensive assessment to determine what is causing your balance struggles. We will likely assess your vision, mental alertness, mobility, strength, and gait.

Based on the results of this evaluation, your physical therapist will design a treatment plan around your specific needs. Our programs aim to improve your balance and reduce your risk of falling. We will incorporate targeted stretches, activity-specific strengthening, and balance and coordination activities to resolve your balance issues and improve your overall movement.



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**If you are suffering from poor balance, contact us today!**

## Healthy Recipe



### WATERMELON CUCUMBER LIME REFRESHER

#### INGREDIENTS

- Per each serving:
  - ½ cucumber, diced
  - 3 cups watermelon, cubed
  - 2 limes, juiced

**DIRECTIONS** – Add the watermelon, cucumber, and lime juice to a blender, and blend until smooth. Using a mesh strainer, strain the juice over a large liquid measuring cup to remove the pulp. Use a spoon to help stir the pulp and press out the liquid. (Reserve the pulp to make pulp muffins!)

Source: [www.tasty.co/recipe/watermelon-cucumber-lime-juice](http://www.tasty.co/recipe/watermelon-cucumber-lime-juice)



# SPORTS INJURIES

If you have recently sustained a painful injury, stop trying to deal with it alone at home. Our physical therapists are highly trained movement specialists. Through physical evaluations, they will be able to examine your moving body in order to decide the best treatment plan for your specific needs.

**Contact Therapy Fit today to schedule an appointment and get back in the game!**

**Are you or your child planning on playing fall sports? Therapy Fit can help you perform at your best and reduce your chance of injuries.**



## PATIENT SUCCESS SPOTLIGHT



*"I am from India on short visit to USA. Aged 75 years with balancing problems. I approached Therapy Fit for my problem. It is a very good center for all physical problems manned by good Doctors and supporting staff. I had very good experience with them and was able to improve my balancing problems considerably and returning to my country with more confidence about my physical conditions.*

*I wish to thank all at the center especially Dr.Vedhi, who was of immense help to me. Best wishes to the center." –M.A.R.*

### SHARE YOUR SUCCESS STORY AND BE SOMEONE'S HERO

[CLICK HERE TO SHARE YOUR SUCCESS STORY](#)

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## NUTRITION TIPS FOR A HEALTHY SUMMER



Your diet affects many aspects of your well-being including your immune system, bone health, muscle function, inflammation and pain. Conditions including heart disease and diabetes are also impacted by dietary intake. In summer, it can be difficult to keep good nutrition at the forefront especially with barbeques and cookouts popping up everywhere you look! Here are 6 nutrition tips to help you maintain a healthy diet this season:

- 1. Swap out snacks for fruits and vegetables.** Consume at least 5 portions of a variety of fruits and vegetables daily. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.
- 2. Replace steak with fish.** Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish in your diet every week.
- 3. Reduce your saturated fat intake.** Too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease. Examples of food high in saturated fat include fatty cuts of meat, sausages, butter, hard cheeses, cream, cakes and biscuits.
- 4. Cut down on sugary drinks.** Drinks high in sugar contribute to obesity and tooth decay. Try opting for a cool, refreshing glass of water instead, or a tasty fruit smoothie!
- 5. Drink enough water.** Proper hydration is always important, but even more so during hot weather. You should aim for 6 to 8 glasses of water a day.
- 6. Don't skip breakfast.** A healthy breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

**We hope these tips will help you navigate the season and prioritize your health this summer!**



The physical therapists at Therapy Fit can help you get stronger, healthier, and more active this summer. Call today!

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## VARIOUS CONDITIONS THERAPY FIT CAN TREAT

- Arthritis
- Back Pain & Sciatica
- Scoliosis and Posture
- Elbow, Wrist Pain
- Hip and Knee Pain
- Interstitial Cystitis
- Neck Pain
- Post-Surgical Rehab
- Pre-Surgical Rehab
- Shoulder Pain
- Work Injury
- Sports Injury
- Chronic Pain
- Foot and Ankle Pain
- Women's Health
- Neurological Disorders
- Urinary Incontinence
- Balance and Gait Disorders
- Ankle Sprain
- Torticollis
- Plus More Conditions



## THERAPY FIT PHYSICAL THERAPY

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**WWW.THERAPYFITPT.COM**

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## Do you have aches and pains? Come Back In For A Tune-Up:

We can help in many ways, including:

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

If You Are In Pain or Have Sustained An Injury  
Call Your Physical Therapist Today!

# 972.587.9404

