

SCHEDULE AN EVALUATION

THERAPY FIT NEWSLETTER

SEPTEMBER 2023



UNDERSTANDING AND RESOLVING DIZZINESS WITH PHYSICAL THERAPY

There's nothing quite like the sensation of waking up, standing, and suddenly feeling the world spin around you. It's unsettling, disorienting, and can significantly disrupt your daily life. But remember, you're not alone. Dizziness and balance issues are more common than you might think and can affect anyone.



Navigating day-to-day activities can become a challenge when you constantly feel dizzy or off-balance. Simple tasks like getting out of bed or walking to the mailbox may trigger dizziness, vertigo, or a loss of balance. These symptoms often arise from disorders within the inner ear and brain that maintain our balance and eye movements (vestibular system).

Dizziness and vertigo can sneak up on you without warning or follow something as common as a minor injury, a bout of illness, or simply as a result of aging. But here's the good news: Physical therapy can play a significant role in resolving these conditions!

Physical therapy offers effective solutions for these problems. Through a comprehensive physical examination and a review of your medical history, we can devise a treatment plan that is unique to you.

Understanding Vertigo and Its Impact

Dizziness and vertigo are more common than you might think, affecting people across different ages and walks of life. The symptoms you're experiencing, be it dizziness, imbalance, vertigo, brain fog, tinnitus, hearing loss, vision impairment, or

nausea, can all indicate a vestibular problem. About 50% of all dizziness is due to the vestibular system.

Vertigo, or that intense spinning sensation, is often linked to issues within your inner ear and can include lightheadedness, nausea, or a sense of the floor tilting. In more severe cases, it could lead to vomiting and falling. Although it can start without reason, it's more common in people who have experienced an injury, surgery, or illness or are feeling the effects of aging.

We can tailor an exercise treatment plan by evaluating your joints, muscles, coordination, posture, inner ears, and even eye-tracking capabilities. And remember, no two treatment plans are the same – each is designed to address your specific deficits and symptoms.

Continued inside.

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ARE YOU IN PAIN?
**Call Today to Schedule
 Your Appointment**
(972) 587-9404

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A Patient-Centered Approach to Vestibular Rehabilitation

When dizziness strikes, it can disrupt your daily activities and keep you on edge. Through our specialized vestibular rehabilitation services, we target the very system in your body responsible for balance and eye movements – the vestibular system.

Our comprehensive approach involves evaluating your symptoms and conditions and designing a rehabilitation program that addresses your unique needs. Each treatment plan caters to your specific balance deficits and symptoms. No matter the cause of your dizziness or imbalance, we are committed to helping you navigate toward recovery.

Our expert team offers the expertise and compassionate care you need to overcome your balance issues by combining:

- Canalith repositioning maneuver
- Posture corrections
- Manual therapy
- Patient education
- Balance exercises

Balance exercises and specific head movements (canalith repositioning maneuvers) help restore the disturbed calcium deposits in the inner ear, significantly reducing vertigo. Treatment includes vision stability training, stretching and strengthening, and walking exercises.

Through targeted exercises, movements, and techniques, we can help your vestibular system to reset and regain its balance. This rehabilitation is a process of adaptation and compensation, and it's geared towards treating conditions such as BPPV, Vestibular neuritis, Meniere's disease, vestibular migraines, and even issues post-stroke.

At Therapy Fit, the therapists don't just treat symptoms; we provide education about your specific condition and the steps to take to mitigate your symptoms. This includes home programs and exercises to continue after completing your therapy sessions. The patient-centered approach helps you feel empowered and significantly improves your quality of life.

Don't Suffer from Dizziness – Reach Out to Therapy Fit Today!

The journey towards balance begins with a single step. Reach out to Therapy Fit today to schedule your first appointment. Together, we can help you regain your balance, restore your confidence, and return to the activities you love.

Remember, vertigo might be a challenging experience, but it doesn't have to be permanent. With the support of the dedicated team, you can find your footing again.

Don't Wait – Book Your Appointment Today!

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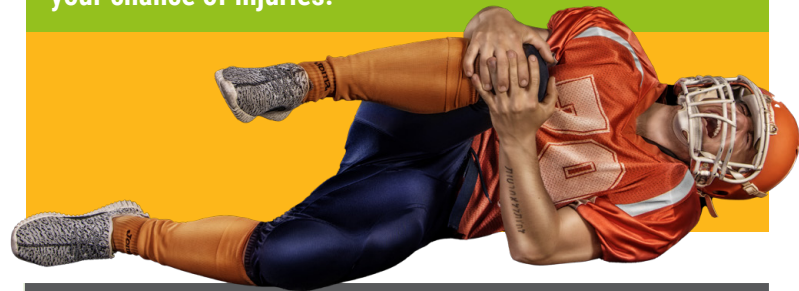
SPORTS INJURIES



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!

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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

*"It's extremely important to state that this place is quite different from many other Physical Therapy clinics I have been to in the past. The place is wide and has private rooms, semi private and open gym area to accommodate patients from a wide range of cultural backgrounds. **The Physical therapists are very patient and they listen to our problems before hurrying up to conclusions.** They use lots of hands on approaches unlike other clinics where they put me on only exercises on machines like bike and treadmill. Another good thing that I noticed is that they use very simple looking gadgets but are very challenging and at the same time we can use them at home. This makes home exercises easy to perform. **Most importantly, they are very experienced with joint and muscle injuries, vertigo, auto accident injuries, women's health, fitness and more.** In all, great place to try physical therapy. Strongly recommend this place." –Rupesh G.*

SHARE YOUR SUCCESS STORY AND BE SOMEONE'S HERO

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



7 BALANCE AND SAFETY TIPS TO PREVENT FALLS

When you have a Vestibular problem or a balance problem there are some simple things you can do to increase your safety and reduce your risk of falling:

- 1. Use a night-light:** We use our vision to help us balance. When it is dark, you can't use vision so your vestibular system and other systems are challenged. If you have a problem in these areas, you are at risk for losing your balance. Place a night light in the bathroom and hallways so night-time trips to the bathroom are safe.
- 2. Be careful with throw-rugs:** Make sure all rugs have a non-stick bottom and won't slide when stepped on. Even if the rug has a non-stick bottom it could cause you to catch your toes or trip, so you may want to remove them until your balance improves.
- 3. Keep walkways clear:** Don't put extraneous things in walkways that would require you to walk around or over.
- 4. Use non-slip mats in shower or tub.**
- 5. Have handrails installed in shower and/or toilet area.**
- 6. Be careful turning your head while walking:** turning your head while standing or walking challenges your balance. If your balance is impaired, turn your head slower or hold onto something while turning your head.
- 7. Keep one hand free:** When carrying objects, don't overdo it. Keep one hand free to catch yourself in case you lose your balance.

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

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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



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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

