



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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FEBRUARY 2021

FIND BALANCE ONCE AGAIN

BY RELIEVING YOUR DIZZINESS & VERTIGO



**RECOVERY PHYSICAL
THERAPY LOCATIONS ARE
NOW OPEN**

**OUR PHYSICAL THERAPISTS ARE
READY TO HELP YOU!**

INSIDE:

- How Will Physical Therapy Help? • What Our Patients Say
- Featured Technology: Biodex Balance System SD
- Valentine's Day Smoothie



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Balance is a big deal in our everyday world, but we take it for granted. Just think how long it took you to master walking, running, and jumping as a child. Your balance system is incredibly complex, and allows you to walk around over steps, and obstacles without thinking. However, when balance is affected, it can be difficult to perform daily tasks and activities you enjoy.

According to the Centers for Disease Control and Prevention, "Thirty million older adults fall each year—resulting in about 30,000 deaths. Each year, 3 million older adults are treated for a fall injury. One out of every five falls causes a serious injury, such as broken bones or a head injury."

Dizziness and vertigo are common reasons why someone may experience issues with balance or sustain an unexpected fall. We've all had the sensation of being dizzy - as if you

can't focus, can't see straight, can't stand upright without swaying or falling. You may even experience "tunnel vision," where your peripheral vision goes dark for a few seconds.

Dizziness is common and can have many causes. Vertigo, however, is a little different. While dizziness is typically synonymous with "light-headedness," which creates the illusion of being unsteady, vertigo is typically a response to a physiological factor that is causing a quite literal imbalance in your body. Those experiencing vertigo have reported feeling as if they are "rocking" or "spinning," even when they are sitting still.

Physical therapy for dizziness and vertigo is a common and effective course of treatment. For inquiries regarding vertigo testing, don't hesitate to contact Recovery Physical Therapy. If you've been feeling dizzy, or you think you may have some of the symptoms

of vertigo, call our office today to schedule an appointment with one of our experienced physical therapists.

Why is my balance compromised by dizziness and/or vertigo?

Just a few of the many factors that can lead to dizziness include lack of sleep, poor nutrition, overexertion, or a physical ailment, such as a head cold or the flu. Dizziness can also occur from something as simple as standing up too quickly after an extended period of rest. Some accompanying symptoms to dizziness may include:

- Loss of balance
- Lightheadedness or heavy-headedness
- Momentarily impaired vision (i.e. tunnel vision)
- Feeling woozy or faint

(Continued Inside)



HOW WILL PHYSICAL THERAPY HELP?

(Continued from Outside)

The causes of vertigo aren't nearly as vast. In fact, vertigo is most commonly caused by an imbalance in the inner ear, also known as the "vestibular system." Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement.

When this is impaired, the necessary messages become blocked from your brain, and your movement becomes affected. You may feel as if the world is spinning around you, you can't focus your vision for prolonged periods of time, or you can't stand/move properly without feeling like you'll topple over. Some common causes of vertigo include:

- **Benign paroxysmal positional vertigo (BPPV).** This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in. This can cause sudden spinning sensations (vertigo) and inner-ear discomfort.
- **Meniere's disease.** This occurs when fluid builds up in your ear(s). This typically includes "ringing" sounds in the inner-ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing losses.

- **Vestibular neuritis.** This is an inner-ear infection that can cause vertigo.
- **Migraines.** Migraines can impact your vestibular system, thus causing episodes of vertigo which may be coupled with sensitivities to light or sound. Vision may also be impaired.
- **Stroke.** A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.

Some accompanying symptoms to vertigo may also include:

- Inability to focus or remain alert.
- Double vision.
- Nausea or vomiting.
- Arm or leg weakness.
- Difficulty seeing or speaking.
- Sweating.
- Abnormal eye movements.

Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter what the cause may be, physical therapy for dizziness and vertigo can help. Recovery Physical Therapy has some of the most advanced techniques for diagnosing and treating both dizziness and vertigo, including vestibular rehabilitation and videonystagmography.

Vestibular rehabilitation includes treatments such as the Epley maneuver, which allows for canalith repositioning to move the broken calcium crystals in patients experiencing BPPV, as well as Cawthorne head exercises, which focus on decreasing nerve sensitivity and improving vertigo.

Videonystagmography is a highly specialized diagnostic tool for testing inner ear functions. This test determines whether your dizziness or vertigo is being caused by a vestibular disease, and it is the only test available that can decipher whether there is a vestibular loss in one or both ears. It is a non-invasive test that uses infrared goggles to record a patient's eye movements, thus determining how well the patient is able to react to visual stimuli responses that are being sent from the vestibular system. Physical therapy is very important to strengthening joints and learning the right exercises to relieve dizziness and vertigo, in order to improve balance. A professional can help you develop a program that plays into your strengths while increasing your ability to balance and reduce bouts of unsteadiness. Contact Recovery Physical Therapy today to get started!

Sources: <https://www.mayoclinic.org/diseases-conditions/dizziness/symptoms-causes/syc-20371787> • <https://www.moveforwardpt.com/symptoms/ConditionsDetail.aspx?cd=81ba487-14c0-482e-9280-c55e1776e6> • <https://www.google.com/search?q=cdc+balance+statistics&ocid=cdc+balance+statistics&qs=chrome..69i57.3980j0j7&sourceid=chrome&ie=UTF->

WHAT OUR PATIENTS SAY

SUCCESS STORIES



Professional, knowledgeable, and personable staff. After 6 visits I now have hope I can live without daily severe headaches or addictive drugs to relieve the pain.

Thru education about my posture, stretching exercises, and gentle exercise, I am slowly improving. Excellent care with a sense of humor! Thank you, Tyrone and Josh!" - J. M

WE NEED YOUR HELP! SHARE YOUR 5-STAR RECOVERY PT EXPERIENCE:

1. Open your smart phone's camera
2. Center the QR code of your Recovery PT location in the frame >>
(this will take you to our Google Review Page)
3. Let us know how we did!

As we recover from the closure of our clinics as a result of the pandemic, we could use your positive review to help us find and retain new patients. Your review helps us change more people's lives through physical therapy. We appreciate you so much!

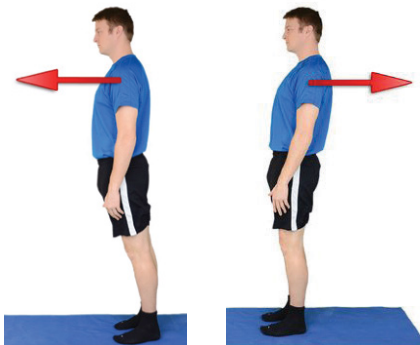
EXERCISE ESSENTIALS

Improves Balance.

Balance | Ankle Strategy

Try this movement to improve your balance.

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.



Exercise copy-



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

FEATURED TECHNOLOGY

BIODEX BALANCE SYSTEM SD

At Recovery Physical Therapy, we utilize Biodes Balance System SD to help you safely improve balance, increase agility, develop muscle tone and treat a wide variety of pathologies. The system even includes balance training games to enhance your engagement and drive better outcomes.



Benefits of Using the Balance System:

- Address age-related diseases by increasing mobility, addressing fall risk, improving balance, developing muscle tone, and increasing agility.
- Improve strength, range of motion, gait and balance for those suffering from neurological disorders associated with Parkinson's, Stroke or Peripheral Neuropathy.
- Evaluate and rehabilitate vestibular issues.
- Help athletes perform better by demonstrating functional deficits.
- Unravel the mystery of concussions with Pre-season baseline testing and post-injury return-to-play management.
- Identify fall risk in just two minutes using Fall Risk Assessment Protocol.

Learn more about how the Biodes Balance System SD can help you by calling us at (917) 763-7825.



LARCHMONT



UPPER WEST SIDE



UPPER EAST SIDE



MILLBURN, NJ



FLATIRON DISTRICT



FASHION DISTRICT

VALENTINES DAY SMOOTHIE

INGREDIENTS

- 1 tbsp white chocolate chips
- 1/2 c nonfat vanilla Greek yogurt

- 3/4 c frozen raspberries
- 1 c milk of choice
- 1/2 c ice
- Fresh raspberries for garnish

DIRECTIONS: In a small microwave-safe bowl, heat white chocolate chips for about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

Recipe: <https://livelytable.com/white-chocolate-raspberry-valentines-smoothie/>

