

Is Your Balance Setting You Up For An Injury?

PATIENT & STAFF SAFETY AND HEALTH ARE PRIORITY #1



CHOICE THERAPY NOW OFFERS CUSTOM MADE ORTHOTICS!

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Is Your Balance Setting You Up For An Injury?

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 Choice Therapy today. Our team of skilled physical therapists will 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 or occupational therapist immediately, in order to avoid additional injuries in the future.

It is important to note that you should also contact a 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.

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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.

Your treatment plan will be dependent upon the origin of your balance issue. When you arrive at Choice Therapy, 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.

Choice Therapy's physical therapy services provide safe, effective, and non-invasive treatment designed to help restore the quality of life to those receiving it. Our therapy services help relieve pain resulting from a wide range of musculoskeletal conditions, sports injuries, workplace injuries, and more.

The overall goal of therapy will be to improve your posture, provide

pain relief, and help fight any immobility or imbalances you may be experiencing. 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. One of our therapists may also recommend manual therapy, stretches, vestibular rehabilitation and videonystagmography in your treatment plan.

CONTACT OUR CLINIC TODAY TO LEARN MORE

Are you ready to get back on your feet and decrease your risk of sustaining a balance-related injury? Contact Choice Therapy to schedule a consultation with one of our knowledgeable physical therapists to get started today on your path to recovery.



CROOKSTON

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The Importance of Staying Active During Winter Months

Just because it is winter, it doesn't mean you have to stay indoors! It is easy to want to stay in, nestled up in blankets, while it's snowy and cold. However, remaining active in the winter months is just as important as remaining active during any other season!

The winter presents several fun activities that can double as workouts. Even something as small as taking a walk around the neighborhood to look at holiday lights or building a snowman with your kids can give you the amount of daily exercise you need. Exercise also helps loosens muscles that may become stiff in the winter months, making it easier to maneuver around in your orthotic or prosthetic device. Additional benefits to winter exercising include:

- **Sunlight intake.** Vitamin D is important! Many people lack Vitamin D in the winter, due to a scarcity of desire to venture out in the cold. However, simply stepping outside can have positive effects. Sunlight can act as a natural mood booster, which may even increase motivation to exercise.
- **Absence of heat/humidity.** Too much heat or humidity can sometimes

feel suffocating. During colder months, this isn't an issue. In fact, exercising in the cold can feel invigorating, as the crisp air can increase your energy. You run out of breath easier when it is hot and humid, so when that is taken away, you may be able to work out for longer periods of time.

- **Immune system boost.** According to the Centers for Disease Control and Prevention, even just a few minutes of outdoor exposure during the winter can help prevent against both bacterial and viral infections.

While exercise in the winter is important, icy walkways unfortunately pose a higher risk of falling. This can lead to a higher risk of injuries, such as strains, sprains, and tears. At Choice Therapy, we want to make sure you stay balanced this winter, so you can enjoy doing the activities of the season without fearing a harsh fall!

At Choice Therapy, we can design specialized treatment plans for anyone who may need a little extra push in staying active during the winter. Contact us today to learn more!

Could Your Child Benefit From Gait Training?

Have you noticed your child is not meeting the necessary milestones when it comes to their walking pattern or overall coordination? Gait is your sequence of movements in walking and running.

Choice Therapy is proud to be a multidisciplinary practice that offers coordinated pediatric physical therapy, speech therapy, and occupational therapy to our patients.

WHAT DOES GAIT TRAINING HELP WITH?

There are many reasons a child may require gait training and coordination help. If he or she is experiencing any of the following, they may have gait issues that a physical and/or occupational pediatric therapist at Choice Therapy can address:

- Limping when they walk
- Problems balancing themselves
- Toe walking
- Frequently tripping or falling when they walk
- They lack the proper heel-toe walking pattern
- Delays in developing walking past 15 months

CALL OUR CLINIC TODAY

If you believe your child would benefit from gait or balance training and coordination services, or if they're struggling with another growth and development issue, know that you're not alone.

Choice Therapy's ultimate goal is to ensure your child can live the highest quality life possible. Contact our clinic today to set up an appointment for your child with one of our pediatric physical, occupational, or speech therapists.



Visit www.ChoiceTherapy1.com to read success stories, or start your success story by scheduling an appointment or free screening at Choice Therapy!



Therapy Can Aid In Post-COVID19 Recovery



Here at Choice Therapy, we offer methods of treatment for patients recovering from COVID-19. As more research is done, it's being discovered that there are several lasting effects from the virus, many of which are causing challenges that can continue for unprecedented amounts of time.

We want to inform you that the patients recovering from COVID-19 at our clinic are no longer sick or contagious, and we are still taking the necessary precautions to prevent the spread of the virus.

If you are experiencing lasting side effects of the virus, contact our clinic to learn more about how our physical, occupational, and speech therapists can aid in your recovery.

Choice Therapy Clinic News



CHOICE THERAPY NOW OFFERS CUSTOM MADE ORTHOTICS!

Trevor Roppel, DPT and Molly Hanson, OTR/L, MOT are part of the first therapists to be certified Formthotics through the Graston Technique.



CONGRATULATIONS TO OUR JANUARY ATHLETE OF THE MONTH!

Mackenze Epema

Mackenze is a senior at Crookston High School. Mackenze's distinguishes Choice Therapy values through her hard work, compassion, and service to her school and community. Congrats Mackenze!

