

Is Your Balance Setting You Up For An Injury?

PATIENT & STAFF SAFETY AND HEALTH ARE PRIORITY #1



ALSO INSIDE

- Could Your Child Benefit From Gait Training?
- Therapy Can Aid In Post-COVID19 Recovery

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.



Choice Therapy

Physical • Occupational • Speech

BEMIDJI

3835 Supreme Court NW

Bemidji, MN 56601

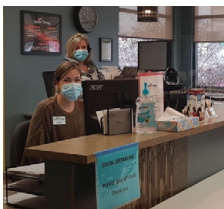
P: (218) 444-8280



Professionalism expressed in patient reviews.

Therapists and team members using their heads, hands, and hearts during patient care!

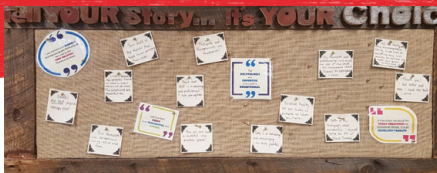
- "Very good bedside manner"
- "Excellent service"
- "Therapists are exceptional, caring, kind and fun"
- "Top notch staff"
- "All the therapists are knowledgeable, caring, kind and do everything they can possibly do to help you meet your goals. I recommend Choice Therapy to everyone."
- "Overall the best physical therapy place!"



- "Great experience"
- "Excellent facility, we're lucky to have them here"
- "Both of my therapists were wonderful. I enjoyed going to PT"

Your Story... It's Your CHOICE!

Our patients tell their stories about our caring therapists and team members plus professional services received. Check out some of our 5 Star Reviews and do one yourself at choicetherapy1.com.



One highlight of 2020: Choice Therapy therapists, team members and their families generously give their time to make 300 Christmas Cards to deliver to area long term care facility residents and 12 fleece blankets for their healthcare workers.



Korner

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.

Contact our office today to learn more about our integrated care therapy services and how they might help your child improve their gait and coordination skills.



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BLACKDUCK

KELLIHER

Located in the old telephone company building
50 Margaret Ave
Blackduck, MN 56630
P: (218) 835-3425

243 Clark Ave N
Kelliher, MN 56650
P: (218) 647-9569



Community Spotlight

Choice Therapy Team Members Give Back through The Choice Way program.

The Choice Way program is committed to offering opportunities for Choice Therapy therapists and team members to volunteer and donate their time, talents and treasure to make a positive impact on communities served while furthering the values of Choice Therapy. The program offers several occasions throughout the year to encourage involvement.

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

HOW CAN MY CHILD BENEFIT FROM GAIT TRAINING?

To develop a healthy walking pattern, a child needs a functional range of motion in both of their legs, stamina, bilateral coordination, core strength, and good balance.

Gait training is a way to help a child maintain a more functional walking pattern, especially if they are experiencing any kind of weakness in these areas.

Our team of pediatric physical and occupational therapists will work with your child to improve their gait and coordination through targeted exercises geared towards improving strength and balance, improving motion in their lower extremity joints, and replicating the ways their legs should move while walking.



Therapy In The Comfort Of Your HOME

TELEHEALTH

Telehealth is the use of telecommunications technology to provide real-time physical therapy to those patients that can't come into our clinic. Please call us today at (800) 395-2810 if you are interested in scheduling a telehealth appointment.

Call Today To SCHEDULE YOUR APPOINTMENT!

800-395-2810

ChoiceTherapy1.com



2020 Year in Review

Years of Service and Excellence

Professionalism at It's Finest!

10
YEARS
of Service & Excellence



Andrea Brodina MPT, Naomi Kapaun OTR, Amber Nickerson, SLP and Kevin Pranke, PTA, and Paula Vigen DPT

5
YEARS
of Service & Excellence



Kirsten Landmark SLP, Karen Savoie COTA and Marlee Westrum OTR/L MOT

1
YEAR
of Service & Excellence



Sally Ackerman COTA/L, Denise Anderson, Kristyn Bergquist, David Hogetvedt SLPA, Paula Klug, and Derek Olsen

Choice Therapy

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BAGLEY

Located on HWY 2
118 Central St. W,
Bagley, MN
P: (218) 694-3030

GONVICK

226 Elm St.
Gonvick, MN
P: (218) 694-3030

Our Specialties

Treating Adults & Children



Physical Therapy - We teach you how to prevent and manage your condition so that you will achieve long-term health benefits.



Occupational Therapy - We help you across your lifespan participate in the things you want and need to do through the therapeutic use of everyday activities.



Speech Therapy - Speech therapy will use exercises and activities depending on your disorder, age or needs. We help you communicate better!!!



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.

Choice Therapy

Physical • Occupational • Speech

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.

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 [town] clinic to learn more about how our physical, occupational, and speech therapists can aid in your recovery.

HOW CAN THERAPY HELP WITH RECOVERY?

Some common physical conditions we are seeing in people recovering from COVID19:

- Difficulty walking
- Decreased balance
- Difficulty with word-finding
- Shortness of breath
- Difficulties with swallowing
- Cognitive changes
- Weakness
- Memory problems
- Fatigue

COVID-19 isn't the only cause of these impairments. They can also be the result of other health conditions and illnesses, such as the flu, pneumonia,

asthma, bronchitis, amyotrophic lateral sclerosis (ALS), and others.

Regardless of what the cause for your condition is, our physical, occupational, and speech therapists at Choice Therapy can help with recovery through the following types of training and exercise programs:

- Aerobic exercise and reconditioning for improved pulmonary health
- Stretching
- Endurance training
- Balance and gait training
- Upper and lower body strengthening exercises
- Breathing exercises to increase lung function and capacity
- Manual therapy
- Restoring muscle strength

Speech/language therapy for damage caused by mechanical ventilation (such as injuries from breathing tubes to vocal cords, or deconditioning of the muscles needed for swallowing)

GETTING ON THE ROAD TO RECOVERY

It doesn't matter if you've been experiencing the above mentioned lingering side effects from COVID-19 or another illness altogether; therapeutic intervention may benefit you and help you get back to living as normally as possible. Call our clinic today to set up an appointment and learn more about what we're doing to prevent the spread of COVID-19.