

NEWSLETTER

FIND YOUR BALANCE WITH PT!



DISCOVER HOW PHYSICAL THERAPY CAN HELP RELIEVE YOUR DIZZINESS AND VERTIGO!

INSIDE:

- HEALTH INSURANCE BENEFITS CAN BE ABSOLUTELY MIND-BOGGLING
- EXERCISE OF THE MONTH
- HEALTHY RECIPE: PUMPKIN SOUP



NEWSLETTER



FIND YOUR BALANCE WITH PT!

Discover How Physical Therapy Can Help Relieve Your Dizziness and Vertigo!

Have you noticed you are not as steady as you used to be? Do you notice that dizziness makes you feel less balanced? No matter your age, you can improve your balance. At Hands On Physical Therapy, we can help you figure out what is causing your vertigo and/or dizziness and, more importantly, how to resolve it!

Balance is a big deal but we take it for granted. Your balance system is incredibly complex and allows you to walk around obstacles without thinking. However, it can be challenging to perform daily tasks and activities you enjoy when your balance is affected.

If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call Hands On Physical Therapy today to schedule an appointment with one of our experienced physical therapists.

WHAT IS CAUSING YOUR DIZZINESS AND/OR VERTIGO?

Dizziness is a general term used to describe a sense of unsteadiness that may be due to a lack of sleep, poor nutrition, overexertion, or a physical ailment (i.e., 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
- Feeling unsteady or faint

Vertigo is the result of an issue in your 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 the vestibular system is impaired, the messages to your brain are altered, 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, or you can't stand/move appropriately 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.

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.

Continued inside.

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**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

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Continued from previous page.

Vestibular neuritis. This is an inner-ear infection that can cause vertigo.

Migraines. Migraines can impact your vestibular system, and may be coupled with sensitivities to light or sound, or may also impair your vision.

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

HOW PHYSICAL THERAPY CAN HELP YOUR BALANCE

Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter the cause, physical therapy for dizziness and vertigo can help.

At Hands On Physical Therapy, our therapists have some of the most advanced techniques for diagnosing and treating dizziness and vertigo, including vestibular rehabilitation and videonystagmography.

Our physical therapists will perform a proper physical examination and take a thorough medical history to ensure we provide a comprehensive and personalized treatment plan.

The primary goal of the assessment is to identify the specific cause of your dizziness and use a combination of manual therapy, balance exercises therapy, posture corrections, and education to help you resolve your condition.

The most common treatments will focus on:

- **Reducing vestibular symptoms through specific head and body movements and positions.** These movements help restore the calcium deposits to alleviate your dizziness.
- **Balance exercises and vestibular rehabilitation.** Specific balance exercises and particular activities focus on decreasing nerve sensitivity and reducing the effects of vertigo.
- **Postural education to optimize function.**

Our therapists may use videonystagmography to determine whether a vestibular disease is causing your dizziness or vertigo. It is the only test available to decipher whether there is a vestibular loss in one or both ears. This non-invasive test uses infrared goggles to record a patient's eye movements to determine how well the patient can react to visual stimuli responses sent from the vestibular system.

If you believe you may be experiencing vertigo, contact us today. We'll provide relief for all of your symptoms.

Physical therapy is essential to identify the correct exercises to relieve dizziness and vertigo to improve balance. Contact Hands On Physical Therapy today to get started!

HEALTHY RECIPE

PUMPKIN SOUP



INGREDIENTS

- 6 cups vegetable stock
- 1 ½ tsp salt
- 4 cups pumpkin puree
- 1 tsp chopped fresh parsley

- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ cup heavy whipping cream
- 2 tsp black pepper

INSTRUCTIONS: Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercoms. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>

EXERCISE OF THE MONTH

This exercise helps improve balance.

TANDEM BALANCE, EYES CLOSED

Stand next to the back of a chair and place one hand on it for support. Place one foot right in front of your other so your heel is touching the tips of your toes. Close your eyes and then remove your hand from the chair. Hold this balance for 30 seconds.



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

PATIENT SUCCESS SPOTLIGHT



"Best physical therapy in the area, best friendly professional staff, great front end group including Penny, the four legged helper. Cannot recommend more highly." – Jim B.

HEALTH INSURANCE



There's no way around it: Health Insurance Benefits Can Be Absolutely Mind-Boggling.

Time after time, we've seen patients come through our doors with their insurance cards in one hand and their cell phones in the other as they call their insurance companies in an attempt to figure out what they need to pay for their treatment.

Now that the end of the year is getting closer, many patients have met their insurance deductibles. If this is you, this means your physical therapy treatment could cost you absolutely nothing!

Patients with family plans, or those who have had major surgeries or chronic illnesses are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of treatment at Hands On Physical Therapy could be minimal or entirely covered by your insurance plan!

You should be enjoying time spent with your family this fall instead of stressing about insurance, and whether or not you can afford treatment.

If you've met your insurance deductible for the year, it's a good idea to visit Hands On Physical Therapy for treatment. We specialize in treating a variety of acute and chronic pain conditions and injuries, and hold ourselves to high standards regarding our treatment methods and techniques.

Are you in need of physical therapy? Check on your insurance deductibles and visit our clinic today. We'll guide you through safe and affordable physical therapy treatment this fall!

You too can get results like this. Contact Hands On Physical Therapy today and find out how PT can get you back to the activities you enjoy! Call today for your appointment.

We want to hear your Success Story. Scan the QR code and leave us a review.

Thank you!



www.hopt-wellness.com

COUPON CORNER!

FREE PAIN CONSULTATION

HO Hands On
PT Physical Therapy

WE OFFER 3 CONVENIENT LOCATIONS

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

Cary 919-851-0711	Fuquay-Varina 919-557-2111	Zebulon 919-269-0107
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Call to schedule. Expires 12/30/2022

COME BACK TO PT

Suffering from aches and pains? Call one of our locations or visit hopt-wellness.com to schedule an appointment and get relief today!



www.hopt-wellness.com