

NEWSLETTER



5 SIMPLE TIPS FOR IMPROVING YOUR BALANCE

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NEWSLETTER



5

SIMPLE TIPS FOR IMPROVING YOUR BALANCE

AVOID FALLS AND STAY ON YOUR FEET—WITH A LITTLE HELP FROM PHYSICAL THERAPY

Are you worried about falling and injuring yourself? Does limited mobility due to arthritis or another condition make you feel shaky? Balance challenges can certainly be difficult, but you do have options for improving your overall balance and stability!

One of the things we do at Hands On Physical Therapy is helping people work on the spatial awareness and muscular strength crucial in addressing balance challenges. This is especially true for people with a high risk of falling, where improved balance could save you a trip to the hospital.

Want to learn more about the importance of good balance? Call to schedule an appointment today.

WHY SHOULD I WORK ON MY BALANCE AT ALL?

The older you get, the more important good balance becomes. Falls are one of the biggest threats to adults 65 years or older, causing millions of hospitalizations and emergency room visits every year.

While several factors contribute to this high fall risk – including age-related sensory and physical changes – you can do things to lessen your risk, and it's never too early to get started! If you start working to improve your balance now, you'll be in a better place as you age.

That said, there are other benefits to improving balance for younger people. A good sense of balance has a radiating effect on your overall fitness, helping to improve your posture and overall movement. You'll be better able to catch yourself if you stumble or trip, and you might notice improvements in other physical activities, like running or playing sports.

HOW CAN I IMPROVE MY BALANCE? FIVE SUGGESTIONS FROM OUR PHYSICAL THERAPISTS

1. Go for a Walk: Sometimes, the best solutions are the simplest. Walking helps build core and lower-body strength, two crucial components of good balance, and it's safe and effective for most people. That said, if you're struggling with balance, it's important to speak to your physical therapist first – you might benefit from initial balance training or using a mobility aid during your walks.

2. Restore Your Mobility: Stiff or arthritic joints can negatively impact your balance. Our physical therapists can teach you how to restore or improve your mobility and guide you on a safe routine you can perform at home that targets your individual needs.

3. Target Your Core: If you're really struggling with balance and instability, it may be time to focus on dedicated core exercises. Your core refers to the muscles that wrap around your spine – your back, hip, glute, and ab muscles. They keep your spine stabilized, which in turn helps you keep your balance. Not sure where to start with core strengthening? Our physical therapists can show you which exercises will work best for you.

4. Challenge Your Balance: As with any other aspect of fitness, spending time on dedicated balance training can help you see results. Your goal is to find exercises that challenge your sense of balance without putting you at risk of falling – again, this is where our PTs can help.

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**

5 SIMPLE TIPS FOR IMPROVING YOUR BALANCE



Continued from previous page.

5. Assess Your Balance: If you want to get serious about improving your balance, schedule an appointment at Hands On Physical Therapy to have your balance assessed by one of our experts. We'll run several balance screens to help us pinpoint the exact reason for your balance challenges – it may even be something you didn't expect, such as inner ear issues. With a balance assessment, we can help you target your treatment to suit your exact needs.

AFRAID YOU'LL LOSE YOUR FOOTING? WE'VE GOT YOUR BACK

The physical therapists at Hands On Physical Therapy specialize in movement and exercise. If you visit us for a balance assessment, we can design a customized treatment program to address your needs and abilities. For example...

- **Dealing with persistent pain which makes walking difficult?** We can guide you through a drug-free pain management program.
- **Find most core exercises impossible?** You're not alone. Although activities like core planks have significant benefits, many beginners need to build up to them. We'll show you core exercises that you can actually perform.
- **Not sure how to challenge your balance?** We'll guide you through a progress balance training program, measuring your progress and increasing intensity as you go.



**Don't miss out on the benefits of good balance.
Call us to request your balance assessment today!**

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NEED PHYSICAL THERAPY BUT YOUR BALANCE ISN'T WHAT IT USED TO BE?

AQUATIC THERAPY MAY BE JUST WHAT YOU NEED!

Improving balance and stability is a common goal of aquatic therapy. Immersing a person in water reduces the force of their body weight on their joints. Depending on the circumstances, aquatic therapy can eliminate between 20% and 100% of a person's body weight.

**Contact Hands On Physical Therapy today to see
if aquatic therapy is right for you.**



*We trust your St. Patrick's Day
was fantastic!*

Check out this snapshot of Bernarr, owner and CEO of Hands On PT, whipping up some mouthwatering Reuben sandwiches for all to enjoy!

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Help!

PLANKING IS TOO HARD FOR ME!

If you've ever looked into strengthening your core, you've likely heard of planking. This deceptively difficult exercise involves holding your body in a straight line like a plank of wood. The most common version involves supporting yourself on your forearms and your toes.

It looks easy, but in reality, planking requires a tremendous amount of core strength while requiring you to use proper form—not letting your hips sag or stick too high up in the air, for example. And sometimes, someone might try a plank for the first time, only to discover that it's nearly impossible for them to hold the position for 6 seconds, much less 60!

If that sounds familiar, don't despair. You can build your core strength through plank variations.

- **Tabletop Plank:** Performing a plank correctly requires activating your core muscles. This exercise helps you learn what that feels like. Position yourself on your hands and knees, your gaze on the floor, and your spine neutral. Practice engaging your core muscles – but don't hold your breath.
- **Bear Plank:** Once you've got the hang of a tabletop plank, try a bear plank. Start in the same position as a tabletop plank. Then, tuck your toes, engage your core, and lift your knees about an inch off the ground. Hold for as long as you can, take a break, and then repeat.
- **Incline Plank:** Rather than resting your forearms on the floor, you can try a plank in which you rest your forearms on a bench or step. Arrange your forearms or palms on a sturdy, flat, elevated surface, then walk your feet back until your body forms a straight, diagonal line. Brace your core and hold for as long as you can.

Want more tips on improving your core strength? Make an appointment with Hands On Physical Therapy today!

DO YOU HAVE A SPORTS INJURY?

If you have recently sustained a painful sports injury, stop trying to deal with it alone at home. Icing it will only go so far! **Contact Hands On Physical Therapy today to schedule an appointment and get back in the game!**



ARE YOU LOOKING TO IMPROVE YOUR SPORTS PERFORMANCE, GET STRONGER, FASTER, AND HEALTHIER?

If so, Hands On Physical Therapy can help you reach your goals!

CALL TODAY!

"I have been greatly rewarded by the execution of the shoulder treatment plan outlined by Kathy, and executed by Deanna and Krishna."

PATIENT SUCCESS SPOTLIGHT

"Hi, I have been treated at the Zebulon location for two different injuries at two different times. After extensive shoulder surgery, I began my first treatment plan. I have been greatly rewarded by the execution of the shoulder treatment plan outlined by Kathy, and executed by Deanna and Krishna. I have gained substantial mobility and range of motion with great attention, caring and professionalism by all involved. They constantly reevaluated my therapeutic needs and rendered care that resulted in a remarkable gain in flexibility and range of motion. Because of my progress with my shoulder, I have again chosen the Zebulon HOPT for my knee treatment. I have confidence I will receive courteous, concerned and professional treatment in this area also. They are great listeners to your input! Thanks all." —Palet U.

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!

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Call to schedule. Expires 6/15/2024