



Avoid Falls *This Fall*

PHYSICAL
THERAPY CAN
HELP YOU STAY
BALANCED

INSIDE...

What's Causing My
Balance Issues?

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Ali

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at Rebound..."

Improve Your Balance & Fight The Fall



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 Rebound Physical Therapy today so we can 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 therapist immediately, in order to avoid additional injuries in the future.

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

The make-up of your treatment plan will be dependent upon the origin of your balance issue. When you arrive at Rebound Physical 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.

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. Depending on your condition, vestibular rehabilitation and videonystagmography may also be included in your treatment plan.

Are you ready to get back on your feet and decrease your risk of sustaining a balance-related injury? Contact Rebound Physical Therapy to schedule a consultation and get started today!



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OUR SERVICES

- ASTYM
- Custom Orthotics
- Electrical Stimulation
- Ergonomic Training
- Functional Manual Reaction
- **Functional Training/ AFS**
- Manual Therapy
- Myofascial Release
- Therapeutic Exercise
- Ultrasound
- Vestibular Therapy

FUNCTIONAL TRAINING/AFS

SERVICE SPOTLIGHT



Functional Training analyzes the ways in which physical sciences impact biological sciences, in order to provide you with the best possible treatment plan. Physical sciences refer to the effects the world has on us, such as gravity, mass, and momentum. Biological sciences refer to our bodies and how they respond to the physical sciences, such as our motion, balance, stability, reaction, and proprioceptors. The goal of Functional Training is to focus and improve upon the "Success, Encouragement, Locus of Control, Empowerment, Relevance, and Significance" of the biological sciences.

Applied Functional Science (AFS) is based upon proven scientific truth, rather than theory. AFS is a term used to match the best, most effective physical therapy techniques (supported by scientific research) to an individual recovering from a certain condition. At Rebound Physical Therapy, we implement AFS in the creation of all our treatment plans. If you are looking for a Boise and Meridian physical therapy practice that uses Functional Training like AFS, request an appointment today.

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STAFF SPOTLIGHT



ALI CAMMANN

Meet Ali Cammann, the latest addition to the Rebound (Meridian) family. Ali is an Eagle native that is returning to the Treasure Valley after completing her education. She studied at Northern Arizona University (Go Jacks!) for her undergraduate degree in Exercise Science and then went on to earn her doctorate from Midwestern University in Phoenix.

Ali is excited to get to know each of you and can't wait to help you achieve your specific goals. In her rotations she worked locally at an outpatient clinic, where she discovered the importance of individualized treatment plans and that she has a passion for working with geriatrics.

Moving back home has allowed Ali to escape the heat of Arizona and she cannot wait to experience all four seasons again! As an avid hiker you can catch her on the trails during the weekend or hanging out with friends and family. She recently returned from a ten-day, National Park trip where she hiked through six of the major National Parks. She lives in Caldwell with her sister and enjoys rocking to Taylor Swift on her commute. Join us in welcoming Ali to our PT Family!

HEALTHY RECIPE

SIMPLE TASTY CHILI

INGREDIENTS:

- 1 1/2 lbs lean ground beef
- 1 onion, chopped
- 1 small green bell pepper, chopped
- 2 garlic cloves, minced
- 2 (16-oz) cans red kidney beans, rinsed and drained
- 2 (14-1/2-oz) cans diced tomatoes
- 2 to 3 tbsp chili powder
- 1 tsp salt
- 1 tsp pepper
- 1 tsp ground cumin

DIRECTIONS: Cook first 4 ingredients in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain. Place mixture in 5- quart slow cooker; stir in beans and remaining ingredients. Cook at HIGH 3 to 4 hours or at LOW 5 to 6 hours.

Notes: If you want to thicken this saucy chili, stir in finely crushed saltine crackers until the desired thickness is achieved.



PATIENT SUCCESS SPOTLIGHT



Here at Rebound, the contact has been professional, expedite, and very rewarding."

"I started at Rebound Physical Therapy in SE Boise, just off of Parkcenter (across from West Side Drive Inn) about 7 weeks ago. Lizzie (at the front desk) is so welcoming and friendly. She worked so hard to set up a schedule in advance that would accommodate my working hours. Tony, my physical therapist is professional and so knowledgeable. I have had PT through St. Lukes and have never felt compelled to write a review, because I was treated like just another number. Here at Rebound, the contact has been professional, expedite, and very rewarding. They have helped me progress with my recovery so well so far. I would highly recommend Rebound to anyone recovering from injury or surgery. I am recovering from shoulder surgery, but I have even turned my mother in law on to the Rebound in Meridian for her hip issues. I couldn't ask for a better team for recovery! Thank you - an awesome asset to the Treasure Valley!" - J. S.

Ready to take your health to the next level?

CALL US TODAY!

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