



Health & Balance

Your Guide For Healthy Living

Preventive Care & Physical Well-being

**22 REASONS
TO VISIT A PT**

**BALANCE
THERAPY
BENEFITS**

**10 TIPS TO HELP
PREVENT FALLS
AT HOME**

**WORLD CLASS BALANCE &
ORTHOPEDIC THERAPY SERVICES**





Welcome to FYZICAL Therapy & Balance Centers!

When your life is sidelined by an injury, dizziness, surgery, or a condition keeping you from doing what you love, we're here to help you heal and feel your best.

Our compassionate, highly skilled team is focused on helping you achieve your optimal health and wellness through our hands-on, personalized approach. Specializing in orthopedics, sports medicine, neurological rehabilitation, manual therapy and balance therapy, our Physical Therapists emphasize whole-body wellness—evaluating your entire body so the root cause of your health challenges can be uncovered. With this complete assessment, FYZICAL customizes a unique treatment plan just for you.

How can we help you Love Your Life®?

Visit www.fyzical.com/locations to find the clinic nearest you.

CONTENTS

How Can Physical Therapy Help Me?	02
22 Reasons to Visit a PT	03
What to Expect at Your First Visit.....	05
How Do I Start Physical Therapy.....	05
Balance Therapy Benefits	07
Fall Proof Your Home	09

HOW CAN PHYSICAL THERAPY HELP ME?

Traditionally, physical therapy was thought of only after a major surgery, serious injury or accident. While these are still important reasons to see a physical therapist, the breadth of how physical therapy can help you is endless!

Physical Therapists are experts of the musculoskeletal and nervous systems who diagnose, treat and guide patients through the healing process using proven methods and hands-on techniques to improve the health, wellness, fitness, mobility, and overall function of the human body.

Physical Therapists are skilled at assessing, treating, and managing a wide range of physical conditions and issues. They will identify movement problems, tissue abnormalities and other factors that can be contributing to your current condition. Many people who complete their physical therapy care are able to avoid unnecessary surgery, refrain from or reduce taking harmful medications and return to their desired daily activities. Physical Therapists can also help prevent injury, pain, and imbalance by offering advice on posture, exercise and workplace and lifestyle habits.

We believe FYZICAL Therapy is for every body; at FYZICAL our therapists equip patients with the tools and knowledge to reduce pain, recover from injury, restore mobility, and optimize body function at any age. Your personalized plan of care will help you heal and get you back to doing what you love!



REASONS TO VISIT A PT

Many medical conditions including pain, dizziness, and more do not resolve themselves without intervention. In fact, they can worsen over time. Early diagnosis and treatment are always the most effective ways to jumpstart recovery. Physical Therapists can help patients resolve balance issues, enhance mobility, and relieve chronic pain. They can also help patients and athletes achieve peak physical performance.

Below are 22 reasons to visit a Physical Therapist:

Balance

One in four seniors fall each year. It's the leading cause of injury and death for Americans 65 and older, according to the Centers for Disease Control and Prevention.

Consult with a Physical Therapist if you:

1. Have previously fallen, especially if you have been injured in a fall.
2. Limit activities because you have a fear of falling.
3. Sway or shuffle your feet when walking.
4. Grab onto objects for support, like handrails, shopping carts or furniture.
5. Have vision or hearing problems, arthritis, Parkinson's, multiple sclerosis, diabetes or other illnesses.
6. Suffer from motion sickness in vehicles, trains, elevators or boats.
7. Take prescription medications that cause dizziness or fatigue.

Mobility

Movement is medicine. Physical Therapists are movement experts that help patients safely go about their daily routines.

Consult with a Physical Therapist if you have:

8. Weakness in your arms or legs.
9. Stiffness or lack of flexibility.
10. Loss of endurance or a feeling of fatigue.
11. Restricted or painful range of motion.

Chronic Pain

A study from the National Center for Health Statistics found that 20.4% of adults reported chronic pain within the past three months. Pain and aches are often associated with aging, but they are not a fact of life.

Consult with a Physical Therapist if you have:

12. An old injury that still causes pain.
13. Wrist or forearm pain or tingling/numbness while typing or performing simple tasks.
14. Neck pain when working on a computer or digital device.
15. Shoulder pain or neck stiffness while sleeping or after waking.
16. Knee pain while walking, climbing stairs or going from sitting to standing.
17. Back pain while sitting, standing, or walking.
18. Pain while driving for long periods of time.
19. Pain that limits life, work, or recreational activities.

Achieve Peak Performance

Most fitness related injuries are a consequence of overuse, lack of rest, improper warm-up or poor conditioning.

Consult with a Physical Therapist if you:

20. Have questions about proper form, technique or how to progress a new exercise or training program.
21. Start a new sport or physical hobby such as triathlons, marathons, or hiking.
22. Want to improve your golf, pickleball or tennis swing.

At FYZICAL, we understand that your pain is unique, and so your plan of care is individually designed to help you achieve longer lasting, positive outcomes without medication or surgery. Your Physical Therapist is here to help you recover from injury, but also to help you begin your personal health and wellness journey. How can we help you Love Your Life®?



WHAT TO EXPECT AT YOUR FIRST VISIT

During your first visit, you will be evaluated by one of our licensed and highly trained Physical Therapists. They will perform an objective evaluation, which may include:

- **Palpation** – touching around the area of the pain/problem to check for tenderness, swelling, soft tissue integrity, tissue temperature or deformity.
- **Range of Motion** – moving joints to check for the quality of movement and for any abnormalities.
- **Active Movement and Strength** - checking for strength and the quality of the muscle contraction. Pain and weakness may be noted, often muscle strength is graded.
- **Neurological Screening** – checking to see how the nerves are communicating with the muscles, sensing touch, pain, vibration, or temperature. Reflexes may be assessed as well.
- **Special Tests** – to narrow down the data and confirm or rule out the suggested source of the problem.
- **Posture Assessment** – assessing the positions of joints relative to “normal” to determine if postural problems might be a contributing factor to the pain or injury.

We will also discuss with you:

- Your current condition and cause of the injury.
- Your past medical history including medications, tests and procedures related to your health and current problem.
- Your pain intensity - when and what aggravates the pain and what you currently do to ease the pain.
- How your condition/pain is impacting your daily activities.
- Your treatment goals or what you hope to achieve from physical therapy.

After your complete assessment, our therapists will discuss their findings with you and work with you to create an individually designed treatment plan of care based on their clinical impression and the goals you hope to achieve.



BALANCE THERAPY BENEFITS

We know it's important to strive for work/life balance, but did you realize that your physical balance plays an important role in your overall wellness? As a fundamental element of fitness, balance combines strength, cardio, and flexibility to provide a complete picture of overall health. Balance plays an integral role in our everyday activities. No matter your age, balance can always be improved. Whether you are holding a yoga pose, looking to improve your agility, or increase your strength, balance training can improve performance in every aspect of life. Here are five reasons for including balance therapy in your routine:

1. Increased strength
2. Joint stability
3. Greater coordination
4. Improved agility
5. Body awareness

These five benefits combine to increase self-awareness and improve balance overall, effectively decreasing risk of falls. Even those without a balance disorder can suffer from balance-related injuries. Taking steps to improve your balance has a positive effect on your overall health and plays an important role in performing activities at a high level.

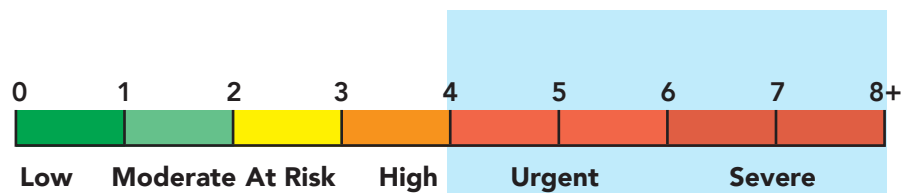
Now that you understand why balance is so important in your day-to-day, take the fall risk self-assessment quiz to better understand if you are at risk for falling.



FALL RISK SELF-ASSESSMENT QUIZ

I have fallen in the past year?	Yes(2)	No
I use or have been advised to use a cane or walker.	Yes(2)	No
I sometimes lose my balance when walking.	Yes(1)	No
I worry about falling.	Yes(1)	No
I use my arms to push myself up from a chair.	Yes(1)	No
I sometimes have trouble stepping up onto a curb.	Yes(1)	No
My body sways when standing stationary.	Yes(1)	No
I take short narrow steps.	Yes(1)	No
I stumble often or look at the ground when I walk.	Yes(1)	No
I frequently have to rush to the toilet.	Yes(1)	No
I have lost some feeling in one or both of my feet.	Yes(1)	No
My medication makes me feel light-headed or sleepy.	Yes(1)	No

Score Only Your "YES" Answers



How did you score?

- 0-1** Keep doing what you're doing, you're at a low risk for falling.
- 1-2** Don't let your score slip! It's time to start moving as falls could become an issue for you.
- 2-3** Be aware—You're at risk for falls.
- 3-4** You're moving in the wrong direction! Being unsteady on your feet puts you at a high risk for falling.
- 4+** This is the danger zone! You are at a great risk for falling – call our offices today to schedule your fall risk screening.

Wherever you are on the fall risk scale, FYZICAL is here to help you steady your stance and improve your balance; start by reviewing our tips to fall proof your home on the next page!

An illustration of a living room interior. In the background, there is a lamp with a pink shade and thin wooden legs. To its right is a framed picture with a red abstract shape on a light background. Below these is a light-colored sofa. In the foreground, there is a dark brown coffee table with a curved front, holding several books. The floor is yellow with wavy patterns and scattered colorful circles. The entire scene is enclosed in a red circular border.

**FALL PROOF
YOUR HOME:**

10

**TIPS TO
PREVENT
FALLING!**



According to the National Institutes of Health, 6 out of every 10 falls happen at home.¹ Consider these 10 tips to help fall proof your home:

Remove throw rugs. Many people trip on the edges of these rugs.

Tidy up clutter. Keep pet bowls, toys, books, magazine racks, potted plants, and other items out of the way of common walking areas. Be sure to secure electric cords and keep them out of the way.

Install grab bars. These can help residents keep their balance at home, especially in the bathroom, hallways, and stairways.

Install non-skid flooring. Special decals can help keep you from slipping in the tub or on a smooth, wet floor.

Keep your home well lit. Place light switches within easy reach at the top and bottom of the stairs. Place lamps on bedside tables and keep night lights in bathrooms. Consider motion sensor lights for areas such as basements, garages, and entryways. Keep emergency lights in case of a power outage, as well as flashlights and spare batteries.

Keep frequently used items in easy reach. If you drop or otherwise can't reach something, keep a reacher or "grabber" on hand to take items out of cupboards or off the floor.

Check your medications. Some medications, including prescriptions, over-the-counter drugs, and supplements can make you drowsy and dizzy, especially blood pressure and diabetes medications. Have your physician periodically check the specific combination of medications that you have been prescribed.

Stay physically active. Exercise can strengthen bones and muscles, improve balance, and make you more alert. Taking walks or lifting small weights can make a big difference.

Get enough sleep. Sleepiness and fatigue can make you unsteady on your feet, increasing the risk of falls.

Talk to your doctor. A fall could indicate other health problems, so it is important to let your primary-care provider know if you have fallen, feel unsteady on your feet, or are otherwise afraid of falling during normal activities.

If you find that you are dizzy or otherwise losing your balance, don't ignore it. It's important to seek help as soon as balance issues begin.

1. National Institute on Aging. (2017, May 15). Fall-Proofing Your Home. Retrieved from <https://www.nia.nih.gov/health/fall-proofing-your-home>

See What Our

PATIENTS SAY ABOUT US!

Absolutely the best physical therapy you will receive!! I cannot say enough about them. I went to my primary physician and he suggested. It was best thing I ever did. You will not be sorry that you chose FYZICAL.

—Sherri R.

I am blown away; my experience here has been fantastic! I have seen marked improvement with my balance as well as my strength. I actually looked forward to my therapy sessions at FYZICAL, whereas other 'physical therapy' sessions I hated and I could not wait for them to be done.

—Nancy F.

It's time to take control of your recovery and wellness! Talk to your FYZICAL therapist about how you can improve your health and wellness with physical therapy.

At FYZICAL Therapy & Balance Centers, our goal is to help you Love Your Life®!

Visit us online at fyzical.com/Falmouth-me or call us at 207-550-0733 to learn more and schedule your first visit