



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS NEWSLETTER

FALL PREVENTION AND IMPROVING BALANCE WITH BIODEX TECHNOLOGY

Read more inside on What the Biodex Balance System Is, Pink Sunrise
Strawberry Smoothies, and Three Natural Ways To Beat Allergies!

SCVTherapyServices.com

Give us a call today at (661) 284-1984



FALL PREVENTION AND IMPROVING BALANCE WITH BIODEX TECHNOLOGY

Have you been struggling with keeping your balance? Are you noticing that you have to hold onto railings or put your hand out to grab furniture in order to steady yourself? It's very possible you may have a balance issue that calls for the attention of a physical therapist.

Santa Clarita Valley Therapy Services can help. Our clinic is proud to offer the Biodex Balance System for our patients dealing with balance and vestibular disorders, or looking for ways to prevent dangerous falls.

Don't wait until it's too late. If you're feeling unsteady on your feet, contact our clinic today and schedule an appointment and take advantage of the Biodex Balance System.

The Importance Of Good Balance

Did you know that 76 million Americans will experience some sort of dizzy spell or vertigo at some point in their lives that affects their balance and ability to stand upright? In fact, the second most commonly reported complaint within doctors' offices is dizziness and loss of balance.

Having good balance is a key part of being in shape. It's right up there with flexibility, strength, and endurance! The better your balance is, the easier time you'll have performing your daily tasks such as walking, going up and down the stairs, or even just standing on your toes to get something off the top shelf.

Some common balance disorders that we treat through vestibular therapy include:

- Benign paroxysmal positional vertigo (BPPV)
- Meniere's disease
- Vestibular neuritis
- Migraines
- Stroke

Receiving vestibular therapy could be the ticket to you getting back out there and enjoying the things you love without the worry of injury from a fall. Your therapist will create a treatment plan based on your needs and goals to help you get back on your feet.

What Is Vestibular Therapy?

Vestibular therapy, also referred to as vestibular rehabilitation, is conducted through a process of "adaptation and compensation." This means that the vestibular system is actually being "reprogrammed" through both passive and active therapies to form connections with the brain on adjusting imbalances and regaining stability.

The National Institute of Health states that the goals of vestibular rehabilitation therapy are to 1) to enhance gaze stability, 2) to enhance postural stability, 3) to improve vertigo, and 4) to improve activities of daily living. Your physical therapist will do a full evaluation of your joints, muscles, coordination, posture, inner ears, and eye tracking capabilities. This way they'll be able to pinpoint the exact issue affecting your balance!

WHAT IS THE BIODEX BALANCE SYSTEM?

The Biodex Balance machine can be useful for several aspects in a vestibular rehabilitation program, including the following:

- Vestibular disorders
- Sports medicine/orthopedic management
- Concussions
- Fall risk screening and conditioning
- Neurorehabilitation

The Biodex Balance system is able to detect areas of weakness and challenges you to improve. It also provides games for you to play that stimulate and motivate postural improvements, and challenge cognitive and motor function.

The Biodex website explains, "Balance retraining exercises are designed to steady a patient while walking or standing through improvements in coordination of muscle responses and organization of sensory information. Static and dynamic tests are administered to gauge a patient's balance - objective reporting and comparisons to normative data aid in the development of individual exercise plans."

The Biodex Balance machine at Santa Clarita Valley Therapy Services is a highly sought after, valuable training tool for anyone who is looking to improve their agility, balance, and develop muscle tone while decreasing fall risk.

The machine features easy-to-follow on-screen instructions, and is fairly simple to operate. It leads you through tests and training modules, and can perform accurate Fall Risk Screenings for older patients.

Contact Santa Clarita Valley Therapy Services today

Your physical therapist at Santa Clarita Valley Therapy Services will do a full assessment of your balance at your initial appointment, and create a customized treatment plan for your needs that incorporates the use of the Biodex Balance system if they deem it necessary.

They will provide you with plenty of information about your condition as well as your treatment plan's outcome by utilizing this technology.

Sources:

<https://m.biodex.com/physical-medicine/products/balance/balance-system-sd>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3259492/>

Give us a call today at (661) 284-1984 or visit [SCVTherapyServices.com](https://www.scvtherapyservices.com) to schedule your appointment!



FEEL BETTER BY EATING BETTER

PINK SUNRISE STRAWBERRY SMOOTHIE

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- ½ - 1 small beet frozen
- 1 ripe banana
- 1/2 cup kefir
- 1/2 cup milk - regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

Place all ingredients into a high-speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

Life is too short to not feel your best. Give us a call at (661) 284-1984 or visit [SCVTherapyServices.com](https://www.scvtherapyservices.com) today!

THREE NATURAL WAYS TO BEAT ALLERGIES

- 1. Limit your time outdoors.** Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.
- 2. Get natural relief.** Some herbal remedies may help stave off allergy symptoms. More research is needed, but an extract from a shrub called butterbur shows promise. Biminne, a Chinese herbal formula with ingredients like ginkgo biloba and Chinese skullcap, may also help. One study found that people who took biminne five times a day for 12 weeks still felt the benefits a year later.
- 3. Tweak your home.** Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside.

Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.



STAFF SPOTLIGHT

Alma Chavez | Office Manager/Biller

Alma has been with Santa Clarita Valley Therapy Services for 4 years. She has over a decade of experience in Medical Billing and specializes in insurance benefits and claims. Her primary goal is to ensure excellent customer service and to act as an educator for our patients on their insurance benefits. She loves being a part of the SCV family and looks forward to meeting and helping you.

Alma spends time with her friends discovering new restaurants and going to amusement parks. Alma also enjoys spending time with her fur babies Lucy and Paulie.



"I am so thankful for Jay. Aquatic therapy has completely changed my life in a positive direction, helped me get stronger, have less pain, and helped me with weight loss."

- Nona

KEEPING YOUR HEALTH IN MIND

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution.



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCING



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS

Your health is our highest priority. Give us a call at (661) 284-1984 or visit SCVTherapyServices.com today!