



Santa Clarita Valley  
Therapy Services

HEALTH & FITNESS NEWSLETTER



# STAY ON YOUR FEET: *TIPS TO PREVENT FALLS*

Read more inside on What's Causing My Balance Issues,  
Monthly Exercise, and Healthy Grilling Tips For Arthritis Pain!

[SCVTherapyServices.com](http://SCVTherapyServices.com)

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

# STAYING SAFE ON YOUR FEET: PHYSICAL THERAPY TIPS FOR FALL PREVENTION



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 Santa Clarita Valley Therapy Services 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.

Call us today at **(661) 284-1984** or visit **SCVTherapyServices.com** to schedule your next appointment!



## 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 Santa Clarita Valley Therapy Services, 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 Santa Clarita Valley Therapy Services to schedule a consultation and get started today!



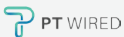
**Let's Get You Better ASAP!**

Scan the QR code to visit [SCVTherapyServices.com](https://www.scvtherapyservices.com) to schedule your next appointment now!

## MONTHLY EXERCISE

### SINGLE LEG BALANCE (ANKLE)

Start by standing up straight with your feet close together. Slowly raise one foot off the ground slightly. Make sure to brace your abdominals. Hold for 30 seconds and repeat twice on both legs.



# HEALTHY GRILLING TIPS FOR ARTHRITIS PAIN

Have you been looking forward to summer cookouts and barbecues all year? The time has finally come to dust off your grill and pick up your apron from the shelf. However, in the midst of all of the excitement, it's important to remember to eat healthy.

This is especially true for individuals with arthritis. Eating too much of the wrong foods can trigger inflammatory responses, resulting in muscle, nerve, or joint pain.

Certain foods have been shown to reduce inflammation, while others have been shown to aggravate it.

This might sound intimidating, but it's good news! You have the power to lessen your pain and inflammation by making healthy food choices. Here are some examples of tasty foods you can prepare this summer while also being conscious of your health:

## Swap burgers for salmon with lemon and savory summer herbs

Studies have shown that eating red and processed meat on a regular basis increases the risk of type 2 diabetes, coronary heart disease, stroke, and certain cancers, particularly colorectal cancer.

Salmon, on the other hand, is high in omega-3 fatty acids and vitamin D—two elements that improve joint health, boost immunity, and protect against inflammation.



## Replace ketchup and mayo with salsa

Did you know that ketchup packs roughly 2 teaspoons of sugar per tablespoon? Or that mayo is high in unhealthy fats?

Instead of these common condiments, try something new this summer! Salsa is high in nutrients and low in calories, with only four to five calories per tablespoon and no fat. And it tastes great!

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## IT'S IMPORTANT NOT TO MISS YOUR APPOINTMENTS

We are here to help you enjoy your life, pain-free! To make sure of this, we ask our patients to commit to their scheduled appointments. If you are feeling sick or have to reschedule, please call in to ask for other options. Our practice is dedicated to helping our patients identify the cause of their pain and creating a custom treatment program that will allow them to return to normal activities pain-free.

## KEEPING YOUR HEALTH IN MIND



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](http://SCVTherapyServices.com) today!