

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Innovative Newsletter



**FIND YOUR BALANCE
WITH PT!**

**DISCOVER HOW PHYSICAL THERAPY
CAN HELP RELIEVE YOUR
DIZZINESS AND VERTIGO!**

***FREE 15 MINUTE CONSULT
FOR YOU OR FOR A FRIEND!***

(DETAILS INSIDE)



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PT, DPT, Cert. MDT
Owner

www.innovativeptsolutions.com

Innovative Newsletter

INSIDE:

Exercise To Help With Pain

BALANCE AND GAIT TREATMENT PROGRAMS

5 Star Review

Quote of The Month:

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them"

- John F. Kennedy

CALL TODAY!

(315) 786-0655



FIND YOUR BALANCE WITH PT!

Discover How Physical Therapy Can Help Relieve Your Dizziness and Vertigo!

Have you noticed you are not as steady as you used to be? Do you notice that dizziness makes you feel less balanced? No matter your age, you can improve your balance. At Innovative Physical Therapy Solutions, we can help you figure out what is causing your vertigo and/or dizziness and, more importantly, how to resolve it!

Balance is a big deal but we take it for granted. Your balance system is incredibly complex and allows you to walk around obstacles without thinking. However, it can be challenging to perform daily tasks and activities you enjoy when your balance is affected.

If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call Innovative Physical Therapy Solutions today to schedule an appointment with one of our experienced physical therapists.

What Is Causing Your Dizziness and/or Vertigo?

Dizziness is a general term used to describe a sense of unsteadiness that may be due to a lack of sleep, poor nutrition, overexertion, or a physical ailment (i.e., a head cold or the flu). Dizziness can also occur from something as simple as standing up too quickly after an extended period of rest.

Some accompanying symptoms to dizziness may include:

- Loss of balance
- Lightheadedness or heavy-headedness

- Momentarily impaired vision
- Feeling unsteady or faint

Vertigo is the result of an issue in your inner ear, also known as the "vestibular system." Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement.

When the vestibular system is impaired, the messages to your brain are altered, and your movement becomes affected. You may feel as if the world is spinning around you, you can't focus your vision for prolonged periods, or you can't stand/move appropriately without feeling like you'll topple over.

Some common causes of vertigo include:

Benign Paroxysmal Positional Vertigo (BPPV). This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in.

Meniere's disease. This occurs when fluid builds up in your ear(s). This typically includes ringing sounds in the inner ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing losses.

Vestibular neuritis. This is an inner-ear infection that can cause vertigo.

Continued inside.

FIND YOUR BALANCE WITH PT!

Continued from previous page.

Migraines. Migraines can impact your vestibular system, and may be coupled with sensitivities to light or sound, or may also impair your vision.

Stroke. A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.

Some accompanying symptoms to vertigo may include:

- Inability to focus or remain alert
- Double vision
- Nausea or vomiting
- Arm or leg weakness
- Difficulty seeing or speaking
- Sweating
- Abnormal eye movements

How Physical Therapy Can Help Your Balance

Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter the cause, physical therapy for dizziness and vertigo can help.

At Innovative Physical Therapy Solutions, our therapists have some of the most advanced techniques for diagnosing and treating dizziness and vertigo, including vestibular rehabilitation.

Our physical therapists will perform a proper physical examination and take a thorough medical history to ensure we provide a comprehensive and personalized treatment plan.

The primary goal of the assessment is to identify the specific cause of your dizziness and use a combination of manual therapy, balance exercises therapy, posture corrections, and education to help you resolve your condition.

The most common treatments will focus on:

Reducing vestibular symptoms through specific head and body movements and positions. These movements help restore the calcium deposits to alleviate your dizziness.

Balance exercises and vestibular rehabilitation. Specific balance exercises and particular activities focus on decreasing nerve sensitivity and reducing the effects of vertigo.

Postural education to optimize function.

If you believe you may be experiencing vertigo, contact us today. We'll provide relief for all of your symptoms.

Physical therapy is essential to identify the correct exercises to relieve dizziness and vertigo to improve balance. Contact Innovative Physical Therapy Solutions today to get started!



DID YOU KNOW DEEP TISSUE LASER THERAPY COULD HELP YOU BEAT YOUR PAINS?

No Referral/Prescription Needed - No Insurance Needed No Expiration On Package Treatments – We Take Cash, Card, or Health Savings Account

Laser therapy is a safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions. Contact Innovative Physical Therapy Solutions today!

We'll set up a free consult for you and figure out whether or not laser therapy could help in reducing your pain.



Scan the QR code to learn more about Deep Tissue Laser Therapy today!

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PHYSICAL THERAPY SOLUTIONS

HEALTHY RECIPE



PUMPKIN SOUP

INGREDIENTS

- 6 cups vegetable stock
- 1 ½ tsp salt
- 4 cups pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ cup heavy whipping cream
- 2 tsp black pepper

DIRECTIONS: Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>

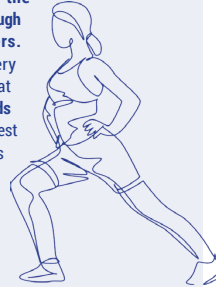


(315) 786-0655



Patient Success Story

Wonderful experience. I felt very welcomed and Ashley was wonderful at helping me to get better. Any questions I asked about what was going on with my body or about the exercises were given thorough and thoughtful answers. Her therapy plan was very doable and she was great at adjusting it to fit my needs and working with me. The rest of the staff and therapists were friendly as well. Highly recommend coming here. - R.E.



We would love to hear your success story!

If you have overcome injuries, been freed from pain, or become stronger, healthier, and more active through physical therapy, we would love to hear your story.

Scan the QR Code to visit our Google Review Page and share your story.



Innovative PT Coupons

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316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 11/30/22

Exercise To Help With Pain:

Try this simple exercise to help you feel better...
Share this with a friend or family member to help keep them healthy too!

This exercise helps improve balance.

TANDEM BALANCE, EYES CLOSED

Stand next to the back of a chair and place one hand on it for support. Place one foot right in front of your other so your heel is touching the tips of your toes. Close your eyes and then remove your hand from the chair. Hold this balance for 30 seconds.

