

HealthLine

January 2015

Balance Should Not Be an Act



One of our main concerns as we get older or observe the aging process in our loved ones is the increase in the risk of falling. Each year, approximately 30% of older adults suffer from some sort of fall-related injury; many of these falls are directly related to imbalance.

Your balance is directly related to many things, but especially your:

- Vision – certain factors such as macular degeneration, glaucoma, diabetic complications, and cataracts can alter your depth perception, which in turn will compromise your balance.
- Inner-ear – as we age the number of nerve cells in the inner ear declines causing dizzy spells (also known as vertigo).
- Muscle weakness and joint mobility – arthritis, osteoporosis, or a sedentary lifestyle can decrease your ability to stabilize your body.

Because balance is such a complex function, a thorough examination by a medical professional is recommended. If your physician determines that your balance issues are related to your inner-ear, muscle weakness, or joint mobility, you should talk to your doctor about a referral to physical therapy.

There are a variety of physical therapy techniques used to offer relief from vertigo. Your physical therapist will evaluate you to determine the cause of your dizziness and identify any balance or visual deficits. You will learn special techniques and exercises to help you reduce or eliminate your symptoms.

If your doctor thinks your fall risk is increased due to muscle weakness or joint mobility, your therapist can design an exercise program to help you regain your strength along with other therapeutic techniques to increase your range of motion. In some cases, a functional movement or foundational movement screen (FMS) will be administered to help identify further deficiencies and increase your overall stability.

At HealthQuest, our therapists are specifically trained to prevent falls, treat vertigo, and help build confidence in moving around. From your initial evaluation to your final appointment, we will work with you to create an exercise program to treat the cause of your dizziness and imbalance, as well as your symptoms. We will have you up and moving around again with ease in no time!

A tendency to fall and symptoms of dizziness should not be dismissed as unavoidable consequences of aging but may be important signs of a disease that can be cured or controlled.

~Vestibular Disorders Association

At HealthQuest we Motivate, Educate and Rehabilitate, in our Quest to Help People Live Life Well!! Call us toll free at 1-855-HQPT-4-ME to schedule your Free Consultation or Training Session!

Exercise Essentials | Easy Balance Exercise

Always consult your physical therapist or physician before starting an exercise regimen.



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Brandt Daroff Exercise

- Sit on the side of a bed.
- Turn your head 45 degrees to the LEFT.
- Hold this rotated neck position and then lie down on your RIGHT side.
- Stay on your side for 1 minute, then return to the seated position.
- Once seated again, turn your head 45 degrees to the RIGHT.
- Hold this rotated neck position and then lie down on your LEFT side.
- Stay on your side for 1 minute, then return to the seated position again.
- Repeat this entire process 10 times (or as many times as comfortable, not overdoing it), 2-3 times a day.

HealthQuestion...

What is Michigan's state reptile?

Visit www.HQPT.com and click on: **HealthQuest** Answer the Health Question (located on the left side of the page). If you answer correctly, you will be entered in a drawing to win a \$100 Gas Card! (Contest closes on January 31, 2015)



Congratulations to our October HealthQuestion winner, Tiffany, From Memphis!

We Are On the Move...

Thanks to your continued support we have outgrown our current Oxford location and we will be moving soon! Our new address will be 765 S. Lapeer Road, a ¼ mile south from our current downtown location. Keep an eye out for our Grand Opening open house!



New Home of Oxford HQ

Ask the Therapist...

Question:

I'm confused. When and how do you perform physical therapy on my inner ear?

Answer:

A great deal of questioning and testing goes into determining if someone is appropriate for physical therapy of the inner ear. The results of the testing and questioning provides your therapist with information and allows them to develop specific choreographed movements, exercises, and activities that can aid the patient's recovery from their symptoms. You don't have to suffer with dizziness, most patients can do quite well through physical therapy, with symptoms resolving relatively quick.

Question:

I saw my primary care physician about my vertigo and he suggested my crystals needed to be repositioned. What does that mean?

Answer:

These crystals are tiny pebbles of calcium carbonate called "otoliths". They are responsible for keeping us balanced. We have balance issues when the crystals become dislodged from their normal position in the inner ear. When this occurs, more signals are sent to the brain, resulting in sensations of unsteadiness or dizziness. Performing specific maneuvers or activities can move these crystals back into their proper position.



This month's "Ask the Therapist" was written by Brian Regan (left) pictured with Owner/Director Doug Schultz of the HQ Shelby location. Brian has been with HealthQuest since he graduated PT school in 2004.

Brian was drawn to this career path due to his own personal experiences in therapy. Even more important than it being a rewarding career, Brian says he has physical therapy to thank for his family.

He met his wife Melanie, who is also a physical therapist, while going to school and working as a physical therapy technician. Melanie and Brian have two beautiful boys, Evan and Colin. Brian has several different specialty certifications within the field of physical therapy. He received his Vestibular Certification back in 2010.



Share the Gift of Good Health!

Mention us to family & friends and for every new patient you refer, we will send you a \$25 gift card, our way of saying THANKS!

HealthQuest

PHYSICAL THERAPY AND MEDICAL FITNESS

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EXPERIENCING DIZZINESS
OR TROUBLE WITH BALANCE?

We Can Help!

Direct Access to Physical Therapy

We are on a quest for a life of improved health and fitness, and we want you with us, every step of the way.



January 1, 2015, marks a milestone for Michigan residents and the physical therapy industry! Thanks to a new law (SB690) Michigan residents will now have **Direct Access to Physical Therapy!**

This means that you no longer need to get a prescription for physical therapy from a physician before being treated by a physical therapist. This won't have an effect on what your insurance will cover. Since all insurance coverage varies, our insurance verification is just one of the extended services we offer. We will work with you and your insurance company to verify the coverage they provide for physical therapy. For more detail and information, please call your local HealthQuest or search the web for "Michigan law SB-690".

10 LOCATIONS TO SERVE YOU

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(248) 922-9001

Clawson
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Call us Toll Free TODAY to schedule your FREE Consultation! 1-855-HQPT-4-ME

www.HQPT.com