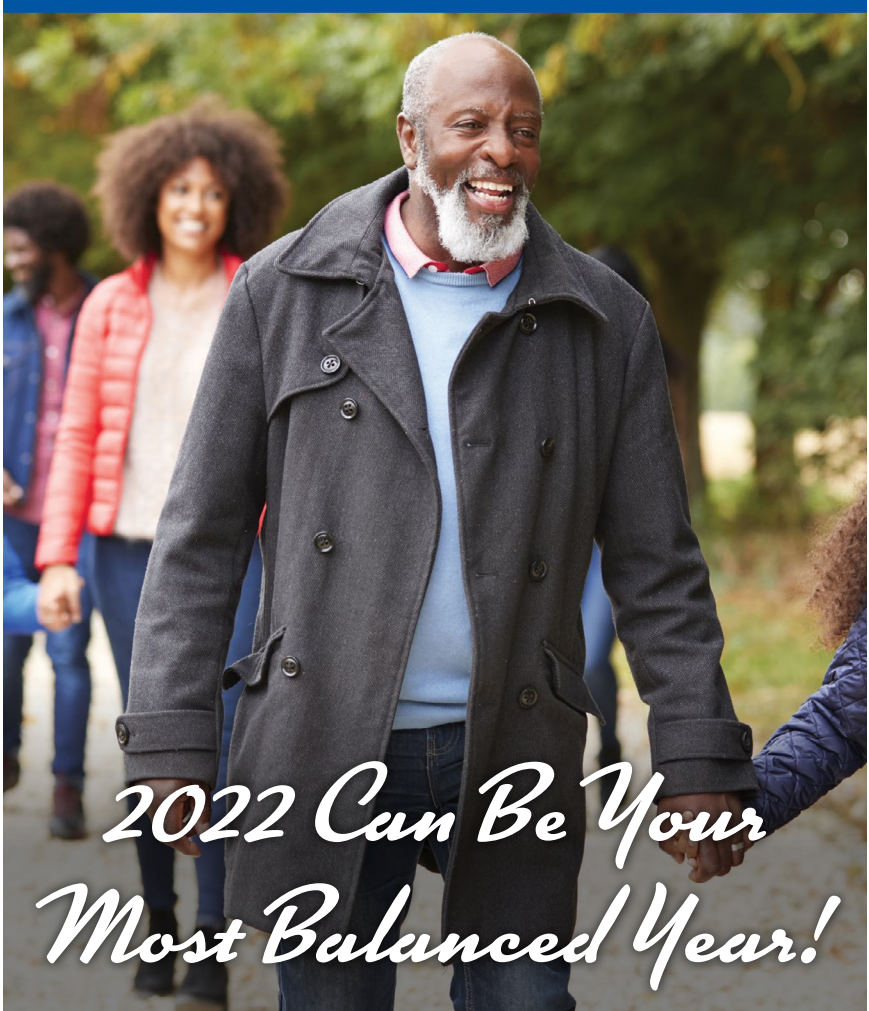




Health & Wellness

*The Newsletter About Your Health And
Caring For Your Body*



*2022 Can Be Your
Most Balanced Year!*

INSIDE:

- Is Your Balance Setting You Up For Injury?
- Our Christmas Sweater Contest Winners!



Health & Wellness

The Newsletter About Your Health And Caring For Your Body



Is Your Balance SETTING YOU UP FOR INJURY?

COME BACK TO PHYSICAL THERAPY TODAY!

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time? Most of us don't think about our balance until it is too late and we have a harsh fall that results in injury. The good news is that most falls can easily be prevented, simply by taking care of your balance system. Priority Physical Therapy, is happy to offer our vestibular rehab services to any patients dealing with balance issues. Contact our clinic today to make an appointment.

Are you at a high risk for falls?

It's important to seek care if you experience any of the following symptoms, as they may point to an underlying issue that may cause a fall.

- Dizziness or vertigo
- Inability to focus
- Double vision
- Nausea
- Arm or leg weakness
- Abnormal eye movements
- Difficulty standing up from a seated position

Some people have a higher risk of falling than others. Certain risk factors include:

- History of falls
- Vertigo, dizziness
- Parkinson's and Alzheimer's disease
- Stroke or heart attack
- Arthritis
- Advanced age
- Fatigue
- Heart disease
- Diabetes

How can physical therapy prevent falls?

A physical therapist can design a treatment plan around your specific needs. These plans are aimed first and foremost at reducing your pain and risk of falling, but they will also improve your balance, strength, flexibility, endurance, and overall movement.

(continued inside)



DID YOU KNOW...

Be sure to eat leafy greens on New Year's. Tradition says that the more leafy greens a person eats, the more prosperity he or she will experience (what an incentive for staying healthy!). Tradition also says that legumes bring prosperity because beans and peas look like coins. No wonder why so many people eat black eyed peas on Jan. 1.

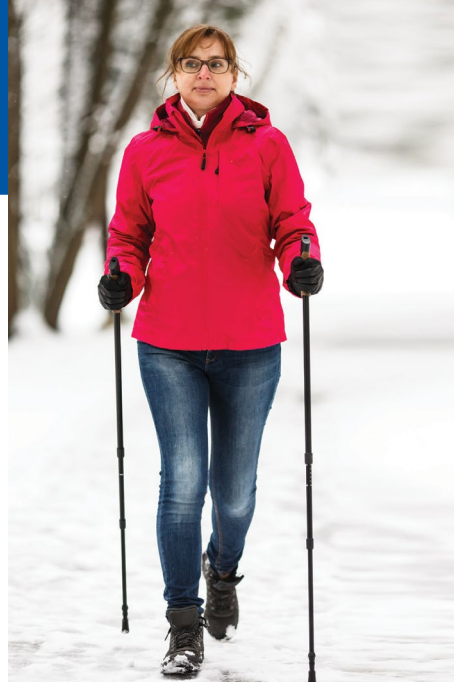
SOME COMMON FORMS OF BALANCE TREATMENT INCLUDE:

(continued from outside)

- **Endurance training.** Endurance training involves working up to more advanced levels of the same form of treatment. Your physical therapist will provide you with an aerobic exercise program and will slowly add time to those exercises as your endurance improves.
- **Balance training.** A lack of stability is one of the main reasons why people fall. Your physical therapist will design a balance training plan for you as part of your treatment and may ask you to perform certain balance-based activities.
- **Strength training.** Strength training plans focus on specific muscle groups in need of improvement. The goal is to improve your standing and walking balance.

Don't wait to get the help you need this season

The only thing that should be falling this month are the leaves on the trees, not you! At Priority Physical Therapy, we are here to help you get back on your feet.



CALL US TODAY! MISSOURI 573.769.6166 OR SOUTH CAROLINA 843.536.4888

Our Christmas Sweater Contest Winners!



MISSOURI — GABE LEWIS



SOUTH CAROLINA — JODY J.

Free Balance Workshop

Balance Workshop

January 18th, 2022

6:30 PM | Palmyra, MO

1219 S. Main St.
Palmyra, MO 63461
P: 573.769.6166

Balance Workshop

January 18th, 2022

6:30 PM | Florence, SC

2521 S. Cashua Drive
Florence, SC 29501
P: 843.536.4888



PATIENT SUCCESS



"I got my quality of life back!"

"My experience at PT here has been awesome. Lauren and her staff are amazing, always friendly, always positive. Before coming to PT last year, I had difficulty with most of my daily activities. After PT, I got my quality of life back and did things I had not done for a long time. When I had a set back this year, I knew I wanted to come back to Lauren at Priority. I can now climb steps, do my housework, sleep better, and generally enjoy life more because I don't constantly worry about falling or if I can get up and walk. Thank you! God's peace and blessings always." — Diane G.

How Much Is It To Attend These Workshops?

Nothing... the event is absolutely FREE but call Missouri 573.769.6166 - South Carolina 843.536.4888 now to register as we are taking only 25 attendees.

WWW.PRIORITYPT.NET

Don't Miss Out!

WE ARE HOSTING A DAY OF FREE SCREENINGS!

JANUARY 3rd, 2022

Start the New Year off right. When you come in, you'll get a one-on-one examination, you'll know what's causing your pain, and you'll get exercises to get started. Call Missouri 573.769.6166 or South Carolina 843.536.4888 now to register! Spots are limited so make sure you call today!



MISSOURI 573.769.6166

SOUTH CAROLINA 843.536.4888