



Health & Wellness

The Newsletter About Your Health And
Caring For Your Body



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- Covid Recovery Tips & Ways To Boost Your Immunity
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- Healthy Recipe



Priority
Physical
Therapy

Health & Wellness

The Newsletter About Your Health And Caring For Your Body

COVID Recovery Tips & Ways To Boost Your Immunity



Have you been diagnosed with covid in the past? If so, you may find that your symptoms are still lingering. If you are still noticing covid-related symptoms after your projected recovery period has ended, it is important to seek the help of a skilled professional who can prescribe rehabilitation services while still being able to monitor your health.

In addition, you can check out our recovery tips and ways to boost your immunity below. To learn more, don't hesitate to contact Priority Physical Therapy today!

MAKE SURE YOU ARE CONTINUING TO EXERCISE

Physical activity keeps your body and immune system healthy! By exercising, you can make sure your body is strong enough to fight off any unwanted germs that may come your way. Additionally, exercise has proven benefits to both physical and mental health - something that we could all use a little help with nowadays!

BOOST YOUR IMMUNE SYSTEM BY ENJOYING THE OUTDOORS

Did you know that Vitamin D helps to boost the immune system? With the weather beginning to get a bit warmer, it is the perfect time to get out and enjoy the sunlight, while also gaining the health benefits! Outdoor activities are also a great way to get out of the house and enjoy yourself, while also being able to safely distance yourself from others.

VACCINATE WHEN YOU CAN

If vaccines are readily available for your demographic and you are able to receive one, it is important to vaccinate as soon as you can. Vaccinations will significantly decrease your likelihood of contracting the virus and/or potentially spreading it to others. Additionally, the knowledge that you have received the vaccine will bring you some peace of mind when starting to get back into the activities you used to enjoy before the virus.

CONTINUE TO KEEP A SAFE DISTANCE

Even with cases dropping, it is still important to continue to keep your distance from others when you can. Going right back into crowds will cause cases to rise again, and it will increase your likelihood of contracting the virus and/or giving it to others. If businesses are open in your area, of course you should enjoy them if you feel comfortable - just continue to exercise caution around large groups.

CONTACT US FOR MORE INFORMATION!

If you are still experiencing the lingering effects of covid-19, or if you are simply looking for ways to protect yourself against the virus, we can help.

For more information, contact Priority Physical Therapy today to consult with one of our physical therapists!

ARE YOU EXPERIENCING HEADACHES & BALANCE ISSUES FROM COVID-19



Most of us will have a handful of headaches per year on average. There are many triggers for headaches, including physical and emotional stress. Some patients who have recovered from COVID-19 have experienced chronic headache pain as a lasting effect, which can be quite bothersome!

Several aspects of a person's life can be affected by their headaches, including their ability to remain balanced. This can increase a person's risk of falling and sustaining injuries. If you've ever experienced a headache that causes you to feel as if the ground beneath you is moving, it could have been related to your vestibular system.

Medical News Today explains that "the vestibular system of the inner ear and brain controls balance and how people understand the space they are in. When this is affected, someone may experience feelings of vertigo, unsteadiness, or dizziness, which can be triggered by movement." Vestibular migraines are headaches that affect the ability to remain balanced and upright. These kinds of headaches can affect vision and hearing abilities as well. There are a few commonly experienced symptoms accompanying these kinds of headaches, including:

- Neck pain
- Difficulty turning the head
- Ringing in the ears
- Loss of vision
- Trouble staying upright
- Vertigo

HAS YOUR BALANCE BEEN AFFECTED BY COVID-19?

The COVID-19 virus has been found to lead to a loss of function in many different areas of the body. This is an illness that truly wreaks havoc on the body.

As time has passed, the list of side effects from COVID-19 has gotten significantly longer. People have reported different side effects, and some of them can be much worse than others depending on age, pre-existing conditions, and other factors. Lowered levels of overall strength, as well as balance and gait issues, are commonly reported amongst individuals recovering from the virus. Patients whose balance has been negatively affected by the virus run the risk of fall injuries. This is especially true for older adults recovering from COVID-19.

According to the Centers for Disease Control and Prevention, "Thirty million older adults fall each year—resulting in about 30,000 deaths. Each year, 3 million older adults are treated for a fall injury. One out of every five falls causes a serious injury, such as broken bones or a head injury."

You don't want to be a part of this statistic. Vestibular therapy can help people recovering from COVID-19 to regain their balance and improve their gait pattern.

During a vestibular assessment, a Priority Physical Therapy 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, whether it's a result of COVID-19 or an underlying condition.

HOW CAN PHYSICAL THERAPY HELP?

Physical therapy treatment plans are designed to help you live a happier, healthier life. When you visit a Priority Physical Therapy physical therapist, they can determine the underlying cause of your headaches and create a customized plan of action to help combat the effects your headaches have on your balance. In the case of headaches associated with balance problems, your therapist will also try to help you figure out just what triggers your headaches in the first place. Stress, certain kinds of foods and beverages, sleeping problems, hormonal changes, and bright lights are all possible triggers that may be determined during treatment.

Physical therapy treatment for headache pain and balance improvement will most likely include specific exercises that will help stabilize your gaze and help your eyes to track movement to improve balance and hand-eye coordination.

CONTACT PRIORITY PHYSICAL THERAPY TO SCHEDULE A CONSULTATION WITH A PHYSICAL THERAPIST

If you've recovered from COVID-19 but are struggling to maintain your balance and stay upright, it's time to seek help from a physical therapist. To learn more about how physical therapy is a natural, drug-free method that can provide you with pain relief and improve your balance, contact our clinic today!

Source: <https://www.medicalnewstoday.com/articles/320244#migraine-overview>

CALL US TODAY! MISSOURI 573.515.2935 OR SOUTH CAROLINA 843.887.1107

Free Knee Pain Workshop

Knee Pain Workshop

March 15th, 2022

6:30 PM | Palmyra, MO

1219 S. Main St.
Palmyra, MO 63461
P: 573.515.2935



Knee Pain Workshop

March 15th, 2022

6:30 PM | Florence, SC

2521 S. Cashua Drive
Florence, SC 29501
P: 843.887.1107

How Much Is It To Attend These Workshops?

Nothing... the event is absolutely FREE but call Missouri 573.515.2935 • South Carolina 843.887.1107 now to register as we are taking only 25 attendees.

WWW.PRIORITYPT.NET



DID YOU KNOW...

March 8 is International Women's Day, which is a day that not only celebrates the achievements of women and the progress made toward women's rights, but also brings attention to ongoing struggles for equality around the world.

PATIENT SUCCESS



"There is a big difference in everything I do!"

"Everything got better! I started therapy after having COVID pneumonia in August and September. I was in the hospital for a total of 15 days. Then I started therapy at Priority in November. There is a big difference in everything I do. I even broke my personal record in bicycling while working out. Everyone here was so helpful!" — Guido M.



HEALTHY RECIPE: ARUGULA, GRAPE, AND SUNFLOWER SEED SALAD

INGREDIENTS

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil

- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

INSTRUCTIONS

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

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