



Priority
Physical
Therapy

Health & Wellness

The Newsletter About Your Health And Caring For Your Body

PRIORITYPT.NET

Fall Prevention & Staying Active

During Winter Weather

It's Almost 2024!

Holiday Chocolate
Peppermint Toffee

Patient
Success

MISSOURI 573.769.6166 | SOUTH CAROLINA 843.536.4888



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Physical
Therapy**

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Scan to Book Today!



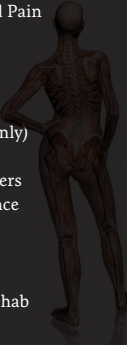
*Is it time for your
next appointment?
Scan the QR code
to visit our website.*



Make Your Body A Priority

We Can Help you with:

- Arthritis
- Back Pain
- Balance & Gait Disorder
- Brain Injury
- Chronic Pain
- Dizziness & Vertigo
- Elbow Wrist & Hand Pain
- Fall Prevention
- Foot & Ankle Pain
- Headaches
- Hip & Knee Pain
- Incontinence (MO only)
- Neck Pain
- Neurological Disorders
- Pediatric Incontinence
- Pediatrics
- Pelvic Pain
- Post-Covid Rehab
- Pre/Post Surgical Rehab
- Shoulder Pain
- Sports Injuries
- Stroke
- TMJ Dysfunction
- Whiplash
- Work Injuries



Fall Prevention & Staying Active During Winter Weather

Brrr, it's cold out there! With winter and icy weather comes safety risks, such as getting injured from a strain while shoveling (or slipping on ice as you walk in a parking lot!)

Having your balance assessed this season could help you to avoid fall-related injuries. Give Priority Physical Therapy a call today to schedule an appointment, so we can help you feel steady on your feet!

Our therapists are the balance experts in the field and want to make sure our patients lower their fall risk as much as possible.

Staying safe and active in winter

Between the limited daylight hours, chilly temperatures, and occasionally icy conditions outside, staying safe and healthy can be challenging. Anything you can do to keep active during the winter months is a step in the right direction!

Ice and snow are the biggest threats that winter poses, especially to older patients! Slipping on ice can result in nasty, painful falls. However, with preparation and planning, you can stay safe and active in the winter months. This may sometimes feel difficult to accomplish due to injuries and inclement weather, but knowing the proper steps to take can help you keep doing the things you enjoy no matter the conditions outside.

The most common injuries related to cold weather happen from falls on icy sidewalks, steps, driveways, and porches. Ideally, you will stay off the ice when possible. Walking on ice is extremely dangerous, regardless of how good your balance is. Do your best to keep your steps and walkways free of ice with sand, salt, or cat litter.

If you plan to run or walk on snowy, icy surfaces, attaching snow or ice spikes to your boots or running shoes will help you maintain traction to reduce the risk of falls. Be careful with wearing spikes on the pavement as they are designed to penetrate the ground and affect your balance.

Contact Us Today

Missouri | 573.769.6166

South Carolina | 843.536.4888

PRIORITYPT.NET

How Can A Balance Expert Help Me Reduce My Fall Risk?

Call Us Today! Missouri 573.769.6166 or South Carolina 843.536.4888

The physical therapists at Priority Physical Therapy are balance experts who can help you improve your balance and fight back against the risk of falling this winter.

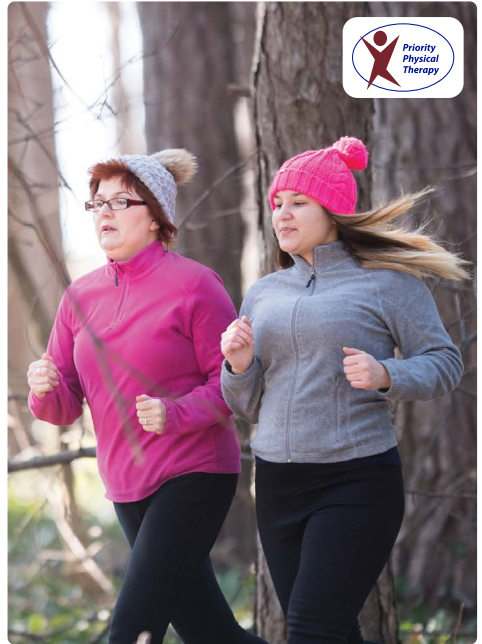
Your therapist will perform a thorough physical examination to identify the source of your pain and/or injuries if they are present. Your mobility, strength, balance, and gait will be assessed as well to determine your fall risk. This information will help us create a program including targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques that can help keep you upright and on your feet this season!

What should I expect during therapy?

The first thing you should know about therapy for balance is that this kind of therapy is not a "one size fits all" approach. Your program will be specific to your needs and wants and fit into your lifestyle.

Some of the interventions you can expect to experience at Priority Physical Therapy are:

- **Strengthening exercises:** These exercises will address muscle weakness which is often a primary contributing factor to poor balance and falls during winter weather. With strength and balance training, patients are better equipped to recover from unexpected lapses in gait or a momentary loss of balance to prevent falls.
- **Gait training:** Gait training will include activities to improve gait mechanics and increase your confidence and safety in navigating across different terrains (icy sidewalks, porches, parking lots) and around various obstacles, such as snow. Our physical therapists will also evaluate the need for an assistive device or perhaps adjust the device you are currently using.
- **Static and dynamic balance training:** This kind of training will be incorporated into your physical therapy treatment to help your body learn how to better respond to environmental challenges to their balance. For example, you may be asked to stand on one leg while performing a mentally-challenging task, such as reciting the alphabet or reading a paragraph of text out loud. Our physical therapists will also teach you balance strategies to help mitigate fall risk.
- **Endurance training may improve muscle endurance and improve aerobic capacity for activity.** Both will reduce fatigue as a risk factor for falls when walking or completing daily tasks.



Contact us today for a balance assessment

Priority Physical Therapy wants our patients to feel safe and confident in their mobility and balance.

Winter can be a difficult time for those with compromised balancing abilities; however, with the help of a physical therapist at our clinic, it doesn't have to be!

Call us today to have your balance assessed this snowy season. We can determine if you are at risk for falls, show you how to prevent them, and address any pain or discomfort you may be having. The wellbeing of our patients is important to us, no matter what season we're in!

MISSOURI | 573.769.6166

SOUTH CAROLINA | 843.536.4888

Holiday Chocolate Peppermint Toffee



Ingredients:

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- peppermint candy

Directions: Preheat your oven to 425° and line an 8 x 8 baking dish with parchment paper. Cover the bottom of the pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy. Cool completely then refrigerate for 2 hours or until hard enough to break apart.



Patient Success



"I came to Priority due to a severe rotator cuff surgery after an injury from a fall. The therapists were all knowledgeable, kind and informative. My goal was to continue former activities such as yoga. After 13 weeks, I reached new goals using my arm and shoulder each month through exercises, massages and ice packs. I'm so thankful for all the treatments and encouraging words."

— Jerry J.

Share Your Success! Scan To Share Your Story!

The best way to help a small business in the community is by leaving a Google review! We want to help more people. Share your great experience with Priority Physical Therapy and help us heal our neighbors.



**PLEASE SCAN THE QR
CODE TO LEAVE YOUR
REVIEW TODAY!**



It's Almost 2024!

Have You Met Your Annual Insurance Deductible?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2024.

Get Started On Your Goals With PT!



Call to Book today! Make your body & health a Priority!

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