NEWSLETTER

Beyond Physical Therapy

MARCH 2023



PT CAN REDUCE YOUR RISK OF A FALL-RELATED INJURY

INSIDE

Are You At Risk Of Falling?

Healthy Recipe: Chicken Pozole

Patient Testimonial

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The Newsletter About Your Health & Caring for Your Body



PT CAN REDUCE YOUR RISK OF A FALL-RELATED INJURY

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time? Have you suffered from a fall in the past? Are you worried that you may be at risk of falling? At Beyond Therapy & Wellness, our team will address your concerns and help you regain your confidence!

In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about working on their balance until it is too late. The good news is that you can easily prevent most falls with guidance from a physical therapist.

Falls are a significant concern for seniors, and even without an injury, a fall can cause a loss of confidence and reduce a person's ability to carry on with daily activities. If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately to avoid additional injuries in the future.

Our team will give you the tools to recover from a recent fall or avoid additional injuries in the future. Call Beyond Therapy & Wellness today for an appointment, and let us help you get stronger and more confident so you can do the things you enjoy!

ARE YOU AT RISK OF FALLING?

Some people have a higher risk of falling than others, and a combination of factors causes most falls. The more risk factors a person has, the greater their chances of falling. The most common risk factors include:

- Advanced age
- Dizziness or vertigo ("spinning" sensations, even when remaining still)
- Vision problems
- Impaired balance and gait control (whether age-related or due to illness)
- Muscle weakness and reduced physical fitness due to a sedentary lifestyle
- Neurological disorders (i.e., Parkinson's disease and Alzheimer's)
- Cardiovascular disease (i.e., heart attack, stroke, PAD)
- Cognitive impairments
- Depression
- Acute and chronic illnesses
- Previous history of falls

Your physical therapist will assess your medical history to determine how many risk factors toward falling you may have. They will educate you on what these factors mean, as well as steps you can take to decrease your risk.

PHYSICAL THERAPY CAN KEEP YOU ON YOUR FEET

Our physical therapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation, mobility, strength, and balance assessment to

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you with you stay in pain free this season

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Continued From Outside

identify all the factors contributing to the injury. This will consist of a thorough history to understand more about the demands on the body, how many risk factors you may have, and your overall health status.

In addition, we will include a review of your fall history and fear of falling, as well as identifying any home hazards/environmental factors that may contribute to your fall risk. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques for the individual.

WHAT TO EXPECT IN PHYSICAL THERAPY

The good news is that you can prevent most falls. The key is to get guidance from your therapist, who will teach you the correct exercises to improve your balance.

Our recommendations aim to reduce your risk of falling, but they will also aid you in improving coordination, strength, flexibility, and overall movement.

Some common aspects of treatment include:

Pain management. Your physical therapist will work with you on relieving pain first before continuing any other forms of physical activity.

Balance training. Balance is a large part of fall prevention, as lack of stability is one of the main reasons falls occur. Your physical therapist will design a balance training plan for you as part of your treatment.

Strength training. Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement.

Your physical therapist will then incorporate task-specific treatments with a safe and effective progression to assist you in a safe return to daily activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

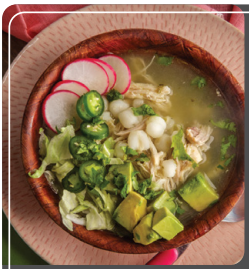
CALL OUR CLINIC FOR HELP TODAY

Exercise is one of the most effective treatment methods for patients with an increased risk of falling. Our team will help guide you through the steps you need to regain your confidence and reclaim your life.

Contact Beyond Therapy & Wellness to schedule a consultation and get started today!

At Beyond Therapy & Wellness, our therapists are dedicated to helping you live the active life you want, free of painful limitations! Call today for a comprehensive assessment and treatment program.

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CHICKEN POZOLE

INGREDIENTS:

- 4 c. low-sodium chicken broth
- 3 boneless skinless chicken breasts
- 2 poblano peppers, chopped
- 1 white onion, chopped
- 2 cloves garlic, minced
- 1 tbsp. cumin
- 1 tbsp. oregano
- 2 tsp. chili powder
- 2 tsp. kosher salt
- Freshly ground black pepper
- 2 (15-oz) cans hominy
- Thinly sliced radishes, for garnish
- Sliced green cabbage, for garnish
- Fresh cilantro, for garnish

DIRECTIONS:

Place all ingredients except hominy and garnishes into the slow cooker. Cook on low for 6 to 8 hours, until the chicken is tender and cooked through. Take chicken out of slow cooker and shred with two forks. Return to the slow cooker along with the hominy and cook for another 30 minutes. Serve soup into bowls and garnish with radish, cabbage and cilantro.

PATIENT SUCCESS STORY

"This is my favorite place for therapy."

"This is my favorite place for therapy. The care and the treatment that I have received has been better than any place I have received from any place else in DFW. When I can get in to see them, I will choose Dr. Christy and her staff before any place else!" **-J.L.**

EXERCISE ESSENTIALS

PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Repeat 10 times on each leg.



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STAYING ACTIVE DURING WINTER

It's that time of year again. The temperature is dropping, and the days are getting shorter. It's easy to get into a winter slump and feel like all you want to do is hibernate until spring comes around.

But you don't have to be a hermit during these cold months! There are plenty of ways to stay active without braving the cold. If you're at a loss wondering how you can keep your physical fitness up this winter, we're here with some ideas for how you can stay healthy!

1. Get creative with your workouts: If it's too cold outside, try doing some activities in the comfort of your own home. You can do jumping jacks, squats, lunges, pushups, or any other workout that improves your heart rate. You could also try doing yoga or pilates!

2. Join an indoor fitness class: There are plenty of fitness classes available at gyms and community centers that will allow you to stay active without going outdoors.

3. Join an adult sports league: One of the easiest ways to stay in shape during the winter is by joining an adult sports league. You can find many different leagues for adults that are indoors and outdoors and encompass various sports. This is also an excellent way to meet new people!

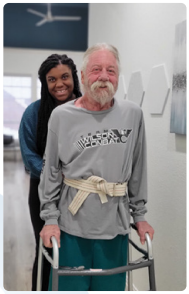
4. Download a fitness app or watch workout videos on Youtube: These days, you don't need a personal trainer to get active! Especially not when there is a wide variety of free workout tools at your fingertips.

5. Consider joining a gym or local recreation center: Going to the gym is a great way to keep your body healthy and strong. It also helps you stay active and fit during the wintertime when you are less likely to be outside.

If you want to be able to work out in any weather, get advice from professional trainers, and have access to advanced equipment, joining a gym would be perfect for you!

STAFF SPOTLIGHT

Edima Ikpe, PTA



Attended the University of Houston in 2019, at which she graduated with her Bachelor of science in Kinesiology - Exercise Science. Shortly after, she attended Concorde Career College to pursue an education as a Physical therapy Assistant, receiving her license in 2022. She immediately showed interest in pelvic floor therapy and is continuing her education through Herman and Wallace. Edima has grown up playing soccer, tennis, volleyball, and basketball, and uses her athletic experience to her advantage when treating patients. Having worked with the geriatric population, as well as a wide range of orthopedic patients, she has always made it a point to make sure that patients are comfortable and enjoy coming to therapy.

In her free time, Edima enjoys spending time with family and friends, playing sports, and creative writing.

ARE YOU IN PAIN?
HAVE YOU SUFFERED AN INJURY?
ARE YOU LOOKING TO GET HEALTHIER, STRONGER, AND MORE ACTIVE?

If you answered yes to any of these questions, let us help you get pain free and meet your goals.

CALL BEYOND PHYSICAL THERAPY
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