



5 SIMPLE TIPS TO  
**IMPROVE YOUR  
BALANCE**

**ALSO INSIDE**

- 4 Stages of Recovery After Injury
- Attend Our Hometown Workshops

CALL TO SCHEDULE YOUR  
APPOINTMENT TODAY!

**(870) 600-0738**

## 5 SIMPLE TIPS TO

# IMPROVE YOUR BALANCE

Are you worried about falling and injuring yourself? Does limited mobility due to arthritis or another condition make you feel shaky? Balance challenges can certainly be difficult, but you do have options for improving your overall balance and stability!

One of the things we do at GTS Physical Therapy is help people work on the spatial awareness and muscular strength crucial in addressing balance challenges. This is especially true for people with a high risk of falling, where improved balance could save you a trip to the hospital.

Want to learn more about the importance of good balance? Call to schedule an appointment today.

## WHY SHOULD I WORK ON MY BALANCE AT ALL?

The older you get, the more important good balance becomes. Falls are one of the biggest threats to adults 65 years or older, causing millions of hospitalizations and emergency room visits every year.

While several factors contribute to this high fall risk—including age-related sensory and physical changes—you can do things to lessen your risk, and it's never too early to get started! If you start working to improve your balance now, you'll be in a better place as you age.

That said, there are other benefits to improving balance for younger people. A good sense of balance has a radiating effect on your overall fitness, helping to improve your posture and overall movement. You'll be better able to catch yourself if you stumble or trip, and you might notice improvements in other physical activities, like running or playing sports.

## HOW CAN I IMPROVE MY BALANCE?

### 5 SUGGESTIONS FROM OUR PHYSICAL THERAPISTS

1. **Go for a Walk:** Sometimes, the best solutions are the simplest. Walking helps build core and lower-body strength, two crucial components of good balance, and it's safe and effective for most people. That said, if you're struggling with balance, it's important to speak to your physical therapist



first—you might benefit from initial balance training or using a mobility aid during your walks.

2. **Restore Your Mobility:** Stiff or arthritic joints can negatively impact your balance. Our physical therapists can teach you how to restore or improve your mobility and guide you on a safe routine you can perform at home that targets your individual needs.
3. **Target Your Core:** If you're really struggling with balance and instability, it may be time to focus on dedicated core exercises. Your core refers to the muscles that wrap around your spine—your back, hip, glute, and ab muscles. They keep your spine stabilized, which in turn helps you keep your balance. Not sure where to start with core strengthening? Our physical therapists can show you which exercises will work best for you.
4. **Challenge Your Balance:** As with any other aspect of fitness, spending time on dedicated balance training can help you see results. Your goal is to find exercises that challenge your sense of balance without putting you at risk of falling—again, this is something our PTs can help with.
5. **Assess Your Balance:** If you want to get serious about improving your balance, schedule an appointment at GTS Physical Therapy to have your balance assessed by one of our experts. We'll run several balance screens to help us pinpoint the exact reason for your balance challenges—it may even be something you didn't expect, such as inner ear issues. With a balance assessment, we can help you target your treatment to suit your exact needs.



## STRENGTHENING OUR HOMETOWN

Become strong by attending one of our hometown workshops.

Come out and attend our balance workshops! All are welcome, although spots are limited, so sign up today!

### UPCOMING WORKSHOPS

#### Balance and Dizziness Workshop

April 16, 2024, at 4:00 PM  
All 17 Locations

Call To Reserve Your Spot Today!

**(870) 600-0738**

### MONTHLY SPECIAL

#### Free Physical Therapy Screening

Call us today and reference this coupon for a free 30-minute screening with one of our therapists.

Scan the qr code below to visit our website for more information!



## OUR PATIENTS GET GREAT RESULTS

“GTS Staff listened to my complaints and made goals that have gotten me back to feeling great. The staff is great, the building is clean, and everything is working. I rate them a 10.”

KAREN D.

## 4 Stages of Recovery after Injury

### Stage 1



Acute Stage / Protection Phase

Minimize Inflammation and Pain

Recovery 0-30%  
Weeks: 0-2

Treatment consists of modalities such as:  
Laser  
Electrical stimulation  
Ice/Heat  
Kinesiotaping to help control inflammation and pain. Gentle movement can be added to maintain mobility.

### Stage 2



Sub-Acute Stage/Repair Phase

Strength, Mobility, and Flexibility

Recovery 30-70%  
weeks: 2-6

Modalities are still used as needed for inflammation. Strengthening exercises are added as tolerated to stabilize around the injured area and begin to increase function.

### Stage 3



Late Stage / Remodeling Phase

Return to normal activity; Return to normal function  
Recovery 70-100%  
weeks: 6-12

Treatment will focus on progression back to pre-injury level and modality use is minimized. Strengthening exercises are more dynamic and in several planes of motion.

### Stage 4



Final Stage / Ongoing Repair and Remodeling

Maintenance of strength; Prevention of Injury  
Months: 3-6

Treatment will be sport and activity specific to prepare for demands placed on the injured site. Education on preventing re-injury is key!

**CALL (870) 600-0738 TO SCHEDULE YOUR APPOINTMENT TODAY!**

# EXERCISE ESSENTIALS

## SINGLE LEG BALANCE

Start by standing up straight with your feet close together. Slowly raise one foot off the ground slightly. Make sure to brace your abdominals. Hold for 30 seconds and repeat twice.



# HEALTHY RECIPE

## GREEN BANANA APPLE BLISS SMOOTHIE

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk
- 1 cup plain Greek yogurt
- 2 handfuls spinach
- 1 teaspoon vanilla extract
- Honey to taste (optional)

In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie.

Adjust sweetness with additional honey, if desired.



# STAFF SPOTLIGHT

## TIFFANY DIFANI, OTR/L

Tiffany graduated as an Occupational Therapist Assistant in 2018 with her Bachelor's in Psychology in 2021 from Arkansas State. She then graduated in August 2023 from Belmont University with her Masters in Occupational Therapy. She worked in pediatrics for almost 5 years but found a new passion for outpatient. She and her husband of 7 years have 2 young boys.

# HOMETOWN STRONG!

Katherine Dunegan, PT chose the "Tanner Bradley Memorial Foundation" to receive the donation in the amount of \$500.00. The foundation supports "Our Father's Table" whose vision is to prepare and serve meals for anyone facing food insecurity.

**(870) 600-0738**



*We want to hear from you!*

**Leave Your 5-Star Experience Below!!**



**CALL (870) 600-0738 TO SCHEDULE YOUR APPOINTMENT TODAY!**