



MEADOWLAND THERAPY

• THE RESULTS YOU WANT • THE CARE YOU DESERVE •

*Health & Wellness
Newsletter*



Inside the Issue



Balance Problems



Do you blow your nose while on the toilet?



Benefits of Physical Therapy

OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

Why choose physical therapy?

Physical therapists are movement experts who team with physical therapist assistants to improve quality of life through hands-on care, patient education, and prescribed movement.

Physical therapy is effective, safe, and the best first option for many symptoms and conditions you might experience. You are a part of our team and get to participate in your care as we customize treatment plans that are specific to your body, your lifestyle, and your goals.

There are many ways that physical therapy can help you:

- Improve and restore movement and function.
- Manage pain.
- Reduce the symptoms of many chronic conditions and diseases.
- Recover from and prevent injury.



Our PT Team

PHYSICAL THERAPY GUIDE TO BALANCE PROBLEMS



Balance problems make it hard for people to maintain stable posture and stay upright when standing, walking, and even sitting. Balance problems are more common in older adults but can affect all ages. If balance problems go untreated, they can lead to falls. Physical therapists can help people of all ages improve their balance. They perform balance testing and develop treatment plans that include physical activity to help improve the strength, stability, and movement of people with balance problems.

Balance problems occur when one or more of these five systems in the body do not function properly:

- **Vision:** Poor vision can result from age, eye tracking problems, or eye diseases.
- **Inner ear:** The part of the inner ear responsible for balance is the vestibular system. Hence, inner ear problems that affect a person's balance are also called vestibular problems. Inner ear problems can develop from trauma, aging, poor nutrition, or disease.
- **Muscular system:** Muscle strength and flexibility can decline due to lack of exercise, too much sitting, or disease.
- **Proprioception (the awareness of one's own body position):** Body-position sense can become abnormal due to trauma or a disease, such as diabetes.
- **Circulation:** A sudden drop in blood pressure when a person sits or stands up, called orthostatic hypotension, can make a person feel dizzy or lightheaded. This may cause a person to faint and fall. Circulation problems can be caused by heart problems, dehydration, and some diseases.

Balance problems also can be caused by medical conditions, such as: stroke, parkinson's disease, multiple sclerosis, traumatic brain injury, arthritis, spinal cord injury, cognitive diseases (conditions that affect learning or thinking), and/or diabetes.

The brain receives and combines information from the eye, inner ear, and body-position senses for balance control. It then sends signals to muscles to move or adjust to stay balanced. A person may not be able to maintain or correct their balance if:

- One or more of the senses are not sending correct signals to the brain.
- The muscles cannot carry out the movements.

Balance problems can make people fear doing simple daily activities. As a result, they may avoid movements they deem hard or that challenge their muscles. This will cause them to sit too much. This lack of movement leads to weakness that makes balance problems worse. A person who has balance problems also may feel frustrated about their condition and become depressed.

Our physical therapist team can identify, diagnose, and help treat your balance problems by identifying your root causes. We will design a treatment program specific to your needs, challenges, and goals. We also will provide you with exercises you can do at home.

Here at Meadowland Therapy, we can also perform a fall assessment annually to be proactive in preventing falls and helping you address deficits you might notice.

www.choosept.com/guide/physical-therapy-guide-balance-problems

Call us and schedule an appointment! (208) 233-4800

Help us welcome our
new ISU PT student to
our clinic



Gina Dashiell

DO YOU BLOW YOUR NOSE WHILE ON THE TOILET?

If you answer YES then READ this article to save your pelvic floor



WRONG WAY ❌



RIGHT WAY ✅

Often people who do blow their nose while on the toilet, often do it chronically. It has become a habit. Potty, blow nose, wipe. This is one habit you want to **BREAK**. Instead, our physical therapy tip is to go to the bathroom, stand up, Kegels, and then blow your nose. Make it two separate actions!!

Why? What's the big deal?

When on the toilet we want your pelvic floor muscles to be relaxed because when they relax, the bladder can contract and allow the urine to come out. While pooping you can also use a squatty potty, placing your knees higher than your hips, to put yourself in an even more relaxed position to evacuate your bowels. Your organs (bladder, rectum, uterus) are now in a **VULNERABLE** position. Everything is relaxed. This is why we don't ever want to strain or push when we are on the toilet. If you blow your nose while on the toilet, your pelvic floor is in a vulnerable, relaxed position. Therefore, you put too much pressure on your bladder, uterus, and rectum.

We've heard... "I don't want to be rude and blow my nose in public so I wait until I get to the bathroom." We think this is so nice of you. But don't combine these tasks together. We want you to protect your organs and help you keep them on the inside where they belong. We don't want this habit to contribute to prolapse, hemorrhoids, and weakness of the pelvic floor. I promise your pelvic floor will thank us for this advice.

There are many women living/dealing with pelvic floor muscle dysfunction. It is often dismissed as 'normal' and ignored. Please don't believe this! It is very common to experience incontinence or pelvic floor dysfunction but not **NORMAL!** We have physical therapists trained who specialize in pelvic floor physical therapy and can help you on your road to feeling confident! Invest in yourself to feel your very best!

CONDITIONS WE TREAT

Athletic Injuries • Work-Related Injuries • Motor Vehicle Accident Injuries • Pre-Surgical Patients • Post-Surgical Patients • Pain Management • Accidental Injuries

- Back
- Elbow, Wrist, and Hand
- Foot and Ankle
- Head and Neck
- Hip
- Knee, Balance, and Walking
- Pelvic Floor and Incontinence
- Shoulder



BENEFITS OF PHYSICAL THERAPY



Maximize Your Movement

Physical therapists identify, diagnose, and treat movement problems. They help people maintain or restore as much function as possible. Physical function and movement are very important to:

- Health, wellness, and fitness.
- Managing pain.
- Earning a living.
- Independence.

Get the Recommended Amount of Physical Activity

Physical therapists help people overcome barriers to physical activity. Regular physical activity can benefit your physical, mental, and social health. It also helps to prevent or improve many chronic conditions, such as:

- Heart disease, Diabetes, Obesity, Depression, and some cancers.

Care For Your Specific Needs

Physical therapists design treatment plans specific to each person's needs, challenges, and goals.

Manage Pain and Avoid Opioids

While doctor-prescribed opioids are suitable for some cases, most times they only mask pain. Physical therapists help people manage pain without the risks of opioid use.

Avoid Surgery

Physical therapists help people manage pain and improve movement problems. Some pain and movement problems can become chronic and lead to surgery.

Physical therapy helps to reduce the symptoms of many chronic diseases and conditions. It also can keep many problems from getting worse. Physical therapists can help you avoid the need for, and the costs and risks of, surgery.

Research shows that physical therapy is as effective as surgery for some conditions, including:

- Meniscal tears and knee osteoarthritis.
- Rotator cuff tears.
- Spinal stenosis.
- Degenerative disc disease.

Before you have surgery, try physical therapy.

In some cases, surgery cannot be avoided. Physical therapy helps people prepare for and recover after surgery. Physical therapists and PTAs **empower** people to take an active role in their care.

www.choosept.com/why-physical-therapy/benefits-of-physical-therapy

LET'S GET SOCIAL

For news and tips for healthy living from your favorite physical therapists, follow us on our social media platforms or our website. Click below to link directly to them.

 www.MeadowlandTherapy.com



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