

NO FALL

NOVEMBER



RELIEVE YOUR DIZZINESS AND VERTIGO

Have you noticed you are not as steady as you used to be? Do you notice that dizziness makes you feel less balanced? No matter your age, you can improve your balance. At Request Physical Therapy, we can help you figure out what is causing your vertigo and/or dizziness and, more importantly, how to resolve it!

Balance is a big deal but we take it for granted. Your balance system is incredibly complex and allows you to walk around obstacles without thinking. However, it can be challenging to perform daily tasks and activities you enjoy when your balance is affected.

If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call Request Physical Therapy today to schedule an appointment with one of our experienced physical therapists.

What is causing your dizziness and/or vertigo?

Dizziness is a general term used to describe a sense of unsteadiness that may be due to a lack of sleep, poor nutrition, overexertion, or a physical ailment (i.e., a head cold or the flu). Dizziness can also occur from something as simple as standing up too quickly after an extended period of rest.

Some accompanying symptoms to dizziness may include:

- Loss of balance
- Lightheadedness or heavy-headedness
- Momentarily impaired vision

- Feeling unsteady or faint

Vertigo is the result of an issue in your inner ear, also known as the "vestibular system." Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement.

When the vestibular system is impaired, the messages to your brain are altered, and your movement becomes affected. You may feel as if the world is spinning around you, you can't focus your vision for prolonged periods, or you can't stand/move appropriately without feeling like you'll topple over.

Some common causes of vertigo include:

- **Benign Paroxysmal Positional Vertigo (BPPV).** This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in.
- **Meniere's disease.** This occurs when fluid builds up in your ear(s). This typically includes ringing sounds in the inner ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing losses.
- **Vestibular neuritis.** This is an inner-ear infection that can cause vertigo.
- **Migraines.** Migraines can impact your vestibular system, and may be coupled with sensitivities to light or sound, or may also impair your vision.

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- **Stroke.** A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.

Some accompanying symptoms to vertigo may also include:

- Inability to focus or remain alert
- Double vision
- Nausea or vomiting
- Arm or leg weakness
- Difficulty seeing or speaking
- Sweating
- Abnormal eye movements

How physical therapy can help your balance

Dizziness and vertigo can hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter the cause, physical therapy for dizziness and vertigo can help.

At Request Physical Therapy, our therapists have some of the most advanced techniques for diagnosing and treating dizziness and vertigo, including vestibular rehabilitation.

Our physical therapists will perform a proper physical examination and take a thorough medical history to ensure we provide a comprehensive and personalized treatment plan.

The primary goal of the assessment is to identify the specific cause of your dizziness and use a combination of manual therapy, balance exercises therapy, posture corrections, and education to help you resolve your condition.

The most common treatments will focus on:

- Reducing vestibular symptoms through specific head and body movements and positions. These movements help restore the calcium deposits to alleviate your dizziness.
- Balance exercises and vestibular rehabilitation. Specific balance exercises and particular activities focus on decreasing nerve sensitivity and reducing the effects of vertigo.
- Postural education to optimize function.

If you believe you may be experiencing vertigo, contact us today. We'll provide relief for all of your symptoms.



Call to make an appointment

Physical therapy is essential to identify the correct exercises to relieve dizziness and vertigo to improve balance. Contact Request Physical Therapy today to get started!

CLICK HERE TO SCHEDULE YOUR APPOINTMENT TODAY!

WHY REQUEST?

“I had a great healing experience at Request Physical Therapy. I was assessed well and my main therapist, Muki, and others, did an excellent job advancing my range of motion, strength and flexibility, and tailoring my exercises to my progress and needs to get back to the strenuous activities I enjoy doing. Everyone took a personal interest in me, was very easy going yet professional and attentive. Thank You all for your skills and your caring attitude” -Kenneth

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YOUR PT COULD BE FREE!

FREE BACK PAIN SCREENING

ReQuest

PHYSICAL THERAPY

**CALL GAINESVILLE: (352) 747-9992 OR
TIOGA: (352) 670-3461 TO SCHEDULE!**

Take your health to another level! Schedule an appointment at a location nearest to you.

Call to schedule.
Expires 11-30-23



Take charge of your health today and make the most of your insurance benefits! If you've already met your deductible this year or have funds left in your HSA account, you can take advantage of this remarkable opportunity at ReQuest Physical Therapy. Starting now and continuing until the end of 2023, you can address your aches and pains at little to no cost. Don't let these valuable benefits go unused!

But that's not all. If you're looking to enhance your strength and set yourself up for a fantastic 2024, we've got you covered. Our exceptional team of experienced physical therapists is here to provide you with specialized treatment services tailored to help you achieve your goals. With our guidance and expertise, you can get a head start on the upcoming year before your deductible renews.

Don't miss out on this incredible chance to prioritize your well-being and maximize your insurance benefits! Call ReQuest Physical Therapy today to start living a happier, healthier life.

“

There is no patient limit for Medicare. Don't wait until the New Year to get started, use your insurance now!

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HEALTHY RECIPE

TURKEY LEFTOVERS CHILI

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

Ingredients

- 2 cans (15-oz) black, kidney and/or pinto beans
- 1 low sodium fat free vegetable or chicken broth (32-oz.)
- 2 cans (15-oz) diced tomatoes
- 1 C onion, diced
- 2-3 tbsp. garlic, minced
- 3 tbsp. balsamic vinegar
- 2 tsp. each paprika and dried basil
- 1/2 tsp. each sea salt and fresh ground peppercorns
- 2 C organic turkey breast cooked and shredded or make it meat free by using cooked lentils or tempeh
- 3 tbsp. fresh basil or sage, minced (optional)



Directions

In slow cooker, cook all ingredients except shredded turkey and fresh basil for 4 hours on high or 8 hours on low, until beans and veggies are desired tenderness. Note: other optional ingredients that could be enjoyed include bell pepper, butternut squash, cauliflower, eggplant, mushrooms, fresh tarragon, oregano or rosemary.

Stir every couple of hours and check to see if any water needs to be added. Mix in shredded turkey before serving. Garnish with fresh basil leaves. Enjoy!

This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

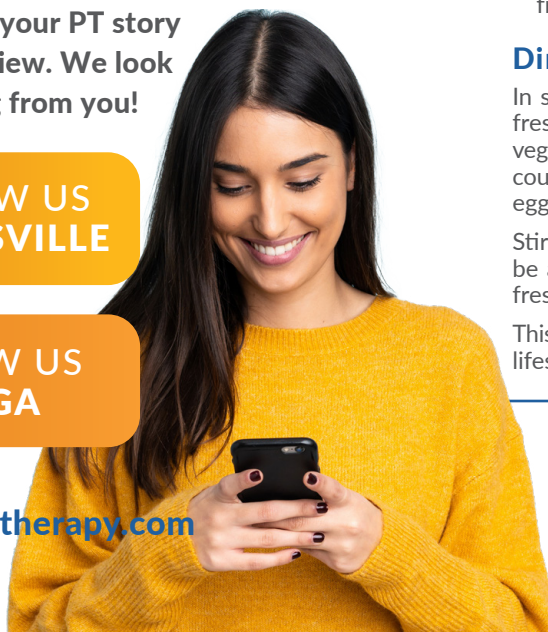


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NOVEMBER

CLINIC NEWS

GET TO KNOW MACY!

Macy graduated with her doctorate in Physical Therapy from the University of St. Augustine. Macy truly has a heart for people and loves helping patients of all ages and fitness levels reach their goals. Outside of the clinic, Macy enjoys spending time with her family, friends, and dogs. Macy is an avid downhill skier and often goes kayaking. She is currently training for her first marathon. If you are stuck or not feeling confident in your exercise routine or if you simply don't know how to get started, Macy is the perfect physical therapist for you!



HAPPY THANKSGIVING!

*Happy
Thanksgiving
from your
ReQuest family!*



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CLINIC NEWS

ReQuest
PHYSICAL THERAPY

PRIVATE MESSAGES!

Your insurance could potentially cover massage services!

Massage Therapy at ReQuest

- General wellness massage
- Deep tissue
- Sports massage
- Pre and Post-Natal
- Scar tissue work

Your health insurance may cover massage therapy!

We also offer private pay rates for 25 and 55 minute sessions.

ReQuest
PHYSICAL THERAPY

TRY THIS EXERCISE

PT WIRED
www.ptwired.com



90/90 HIP STRETCH

Improves Hip Flexibility

Start by sitting up straight on a mat. Take one leg and make your shin parallel with the front of the mat and your knee at a 90-degree angle with your leg on the mat. Place your other knee near your foot and aim your shin parallel with the side edge of the mat so your foot is pointing straight back and your knee is bent to about 90-degrees. Sit straight up and allow your hips to be stretched as they sink toward the mat in this position. 2 sets, 1 rep, 30 seconds hold.



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