

STAFF SPOTLIGHT: AUSTIN FELMAN, DPT

“Ever since I can remember, I have always found happiness and meaning in helping other people. I genuinely care about others and place high value on all my relationships. Physical therapy has allowed me to build a career out of cultivating these core values and has been extremely rewarding to help others achieve their goals. I first found that I wanted to pursue a career in healthcare while working as a CNA during my undergraduate studies. I have a special appreciation and love for the geriatric population and have sought additional training in gerontology, balance, and vertigo/vestibular rehabilitation.”



- DPT: University of Utah, Salt Lake City, UT.
- BS: Exercise Science, Utah Valley University, Orem, UT.
- Member: American Physical Therapy Association, Utah Physical Therapy Association

Throughout his career, Austin has primarily worked in outpatient orthopedics. He has treated sports injury, neurological impairments, and particularly enjoys treating concussion and vestibular impairments to help others improve their balance, mobility, and function. His strengths are in his ability to educate and connect with his patients.

Austin lives in Eagle Mountain, UT with his wife Ashley and three children. He loves the outdoors and enjoys running, hiking, going to the park with his family, and has recently taken up fly fishing. He has enjoyed all the challenges that entails. He loves to read, write, and illustrate books, playing board games, racquetball, and connecting with others.

INSIDE:

- **Relieve Your Dizziness and Vertigo**
- **Healthy Recipe: Roasted Brussels Sprouts with Pomegranate**
- **Patient Success Spotlight**



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 Beyond Limits 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 Beyond Limits 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

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coupled with sensitivities to light or sound, or may also impair your vision.

- **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 both 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 Beyond Limits Physical Therapy, our therapist has some of the most advanced techniques for diagnosing and treating dizziness and vertigo, including vestibular rehabilitation and videonystagmography.

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.

Our therapists may use videonystagmography to determine whether a vestibular disease is causing your dizziness or vertigo. It is the only test available to decipher whether there is a vestibular loss in one or both ears. This non-invasive test uses infrared goggles to record a patient's eye movements to determine how well the patient can react to visual stimuli responses sent from the vestibular system.

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

Sources:

- <https://www.nidcd.nih.gov/health/balance-disorders>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206229/>
- <https://pubmed.ncbi.nlm.nih.gov/31813696/>

CALL TO MAKE AN APPOINTMENT.

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

ROASTED BRUSSELS SPROUTS WITH POMEGRANATE

INGREDIENTS

- 1 1/4 lbs. Brussels sprouts, trimmed and halved
- 2 tablespoons canola oil
- Kosher salt and freshly ground pepper
- 3 tablespoons pomegranate molasses
- Seeds from 1 pomegranate
- 1/2 cup coarsely chopped toasted hazelnuts
- Finely grated zest of 1 lime
- 1 tablespoon finely grated orange zest

DIRECTIONS Preheat the oven to 375 degrees F. Put the Brussels sprouts in a medium roasting pan, toss with the canola oil and season with salt and pepper. Roast in the oven until light golden brown and a knife inserted into the centers goes in without any resistance, about 45 minutes. Transfer the sprouts to a large bowl and add the pomegranate molasses, pomegranate seeds, hazelnuts, and lime and orange zests. Season with salt as needed.

Recipe courtesy of Bobby Flay



CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

HERRIMAN: (801) 302-7232 • EAGLE MOUNTAIN: (801) 789-7333 • SOUTH JORDAN: (801) 878-9868

NEW YEAR — NEW YOU!



With a new year comes a fresh start to an all new you! Starting at the beginning of 2022, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let Beyond Limits Physical Therapy help you on your journey to becoming strong, healthy, and active in 2022.

We are offering **FREE** pain screenings to any new or returning clients this New Year, don't hesitate to schedule your appointment now!

If you have been suffering from pain, come see one of our therapists for an assessment on how to find relief.

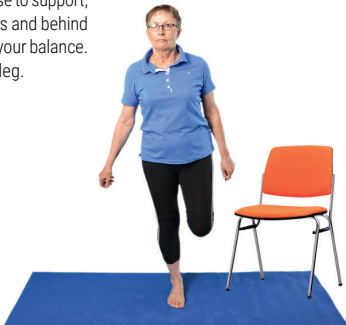
Relieve Pain In Minutes

Try this movement if you are in pain.

Increase stability, improve balance, strengthen leg muscles

SINGLE LEG STANCE – FORWARD

Stand tall. Be close to support, both at your sides and behind in case you lose your balance. Balance on one leg.



Patient Success Spotlight

“I’ve never been to a therapy clinic that paid as much attention to my needs as they do.”

“Excellent therapists. They have me do exercises, ride the bike, and total gym. Then they work on my painful areas. Then I get electrodes and weighted heat for 15 minutes. That is the best part. I’ve never been to a therapy clinic that paid as much attention to my needs as they do.”

– C.J.

15 MINUTE PHYSICAL THERAPY
CONSULTATION

FREE **BIG DEAL**

** consultations do not involve a physical therapy evaluation or treatment.*

Suffering from aches and pains? Give us a call to schedule an appointment today!

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