

WHAT ARE YOUR 2023 GOALS?

Is a New Year's Resolution part of your annual ritual? According to Statista's Global Consumer Survey, 39 percent of U.S. adults made New Year's resolutions for 2022. Do you want to make a positive change in your life but are unsure where to start? Check out this list below of the three most popular New Year's Resolutions in 2022 for inspiration.

1 Exercise more: This was the most popular New Year's Resolution in 2022! It is estimated that about one-third of Americans do not get enough exercise. This can lead to several different health problems, including heart disease and high blood pressure. However, the good news is that it's never too late to start enacting healthy habits! It is not always easy to find time to exercise. But there are many ways to make it easier: you can exercise with friends, work out at home while watching your favorite show, or use apps that remind you to work out.

2 To eat healthier: It is essential to maintain a healthy weight in order to prevent obesity. Obesity can lead to many health problems, such as heart disease, diabetes, and joint pain. Healthy eating is also crucial for mental health because it provides essential nutrients that our brain needs to function correctly. There are many benefits of healthy eating that we should be aware of. The most important one is that it will help us live longer and healthier lives!

3 To spend more time with friends and family: Did you spend enough time with your loved ones this year? Every human being needs socialization to maintain mental health and emotional stability. Spending time with friends is not just about having fun; it is also about learning new things, sharing ideas, and building networks!

INSIDE: Relieve Your Dizziness and Vertigo

• 5 Ways to Get Active
in The New Year

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Improve Balance

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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 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.
- Difficulty seeing or speaking.
- Double vision.
- Sweating.
- Nausea or vomiting.
- Abnormal eye movements.
- Arm or leg weakness.

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.

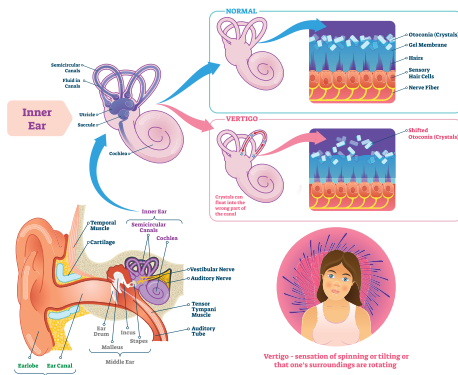
Our physical therapists will perform a proper physical examination and take a thorough medical history to ensure we provide a comprehensive and personalized treatment plan.

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.

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!

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/>

At-Home Exercise

SINGLE LEG BALANCE (ANKLE)

IMPROVES 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 on both legs.



If you are not sure about how to do this exercise, please consult with your physical therapist before starting.

CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

HERRIMAN: (385) 446-2873 • EAGLE MOUNTAIN: (385) 446-3647 • SOUTH JORDAN: (385) 446-3659

5 WAYS TO GET ACTIVE IN THE NEW YEAR

If you're like the vast majority of people, your New Year's resolution is to start exercising more. There's a reason why this resolution is so popular—exercise is important! And it's something that many people don't get enough of. Luckily, there are some easy ways you can start getting active today. Are you ready to stick to your resolution this year? Check out these 5 tips for getting moving.

1. Walk Around Your Neighborhood

Walking may not sound like a strenuous exercise, but it has many benefits and is perfect for getting back into the swing of things. Regular brisk walking can help you:

- Maintain a healthy weight and lose body fat
- Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes
- Improve cardiovascular fitness

This is also an easy activity to do with a friend or neighbor. You can also listen to your favorite music, podcasts, or audiobooks while you walk.

2. Choose a Workout Buddy

Working out with another person can help hold us accountable. Even in the new year, there will be days when staying in bed sounds much better than heading to the gym. Having another person counting on you to exercise with them is a great way to ensure you stick to your resolution this year.

3. Sign Up for a Class or an Adult Sports League

Another way to hold yourself accountable is by committing to a scheduled class or team. Whether you sign up for a dance, yoga, or pilates class, the financial investment required may motivate you to stick to your routine. And working out with others in a team or class environment is a great way to meet new people and have fun!

4. Join a New Gym

If you don't already have a gym membership, signing up for one is a great way to motivate yourself to get active. Many people prefer working out in a gym instead of at home, where you have access to tons of equipment and fitness classes in some cases. Check out your local recreation center to see what kind of deals they offer this New Year.

5. Download an App That Reminds You to Get Moving

Let's face it—we spend a lot of time on our phones. Why not use your phone to remind you and encourage you to exercise? There is a huge variety of free apps on the market that can do this— and there's no shortage of free fitness apps either.



Patient Success Spotlight

"I always go to Beyond Limits for my physical therapy needs. They are kind and usually easy to get an appointment with. They helped me with a double knee replacement, and now with a hand problem."

— Nannette D.

2023! Make it **YOUR YEAR** to get healthy and active so you can return to doing what you love!

**YOUR LIFE IS TOO SHORT
TO LIVE WITH LIMITATIONS**



Beyond Limits Physical Therapy offers:

- Physical therapy/rehabilitation so you can return to the activities you love
- Advanced exercise training programs, performance and sports health analytics
- Nutritional support and sports psychology

Our highly experienced team of physical therapists offers specialized treatment services for any pain, injury, or discomfort you may be feeling. Our goal is to empower you to get you back to living the life you deserve. Let Beyond Limits help you on your journey to becoming strong, healthy, and active in 2023.

MAKE AN APPOINTMENT TODAY FOR YOUR

**FREE SCREENING OR
DISCOVERY VISIT**

HERRIMAN: (385) 446-2873

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Hurry! Offer ends 01/31/23.