



Is Your Balance Setting You Up For An Injury?

Don't fall for it!

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time?

Most of us don't think about our balance until it is too late and we have a harsh fall that results in injury. The good news is that most falls can easily be prevented, simply by taking care of your balance system.

[Zenith Physiotherapy & Wellness](#) is happy to offer our vestibular rehab services to any patients dealing with balance issues. Contact our clinic today to make an appointment.

Are you at a high risk for falls?

It's important to seek care if you experience any of the following symptoms, as they may point to an underlying issue that may cause a fall.

- Dizziness or vertigo
- Inability to focus
- Double vision
- Nausea
- Arm or leg weakness
- Abnormal eye movements
- Difficulty standing up from a seated position

Some people have a higher risk of falling than others. Certain risk factors include:

- History of falls
- Vertigo, dizziness
- Parkinson's and Alzheimer's disease
- Stroke or heart attack
- Arthritis
- Advanced age
- Fatigue
- Heart disease
- Diabetes



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How can physical therapy prevent falls?

A physical therapist can design a treatment plan around your specific needs. These plans are aimed first and foremost at reducing your pain and risk of falling, but they will also improve your balance, strength, flexibility, endurance, and overall movement.

Some common forms of treatment include:

- **Endurance training.** Endurance training involves working up to more advanced levels of the same form of treatment. Your physical therapist will provide you with an aerobic exercise program and will slowly add time to those exercises as your endurance improves.
- **Balance training.** A lack of stability is one of the main reasons why people fall. Your physical therapist will design a balance training plan for you as part of your treatment and may ask you to perform certain balance-based activities.

[Schedule an appointment here.](#)
We can't wait to see you!



Zenith Physiotherapy and Wellness Clinic

Unit 309, 800 Yankey Valley Blvd.
SW Airdrie

1-403-768-2747

Office Hours:
Monday - Friday: 8 AM - 8 PM
Saturday: 9 am - 2 PM
Sunday: Closed
Statutory Holidays: Closed

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- **Strength training.** Strength training plans focus on specific muscle groups in need of improvement. The goal is to improve your standing and walking balance.

Don't wait to get the help you need this season

The only thing that should be falling this month are the leaves on the trees, not you!

At [Zenith Physiotherapy & Wellness](#), we are here to help you get back on your feet.



Ingredients:

- 1 lemon, thinly sliced
- Salt to taste
- 4 sprigs fresh rosemary
- 1 tablespoon olive oil
- 2 salmon fillets

Directions:

Preheat oven to 400 degrees F (200 degrees C). Arrange half the lemon slices in a single layer in a baking dish. Layer with 2 sprigs rosemary, and top with salmon fillets. Sprinkle salmon with salt, layer with remaining rosemary sprigs, and top with remaining lemon slices. Drizzle with olive oil. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork.