

[CLICK HERE TO REQUEST A CONSULTATION](#)



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, 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

Are You At A High Risk For Falls?

A physiotherapist 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 physiotherapist 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 physiotherapist will design a balance training plan for you as part of your treatment and may ask you to perform certain balance-based activities.

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, we are here to help you get back on your feet.

[CLICK HERE TO REQUEST A CONSULTATION](#)



**If You Are Going To Fall —
Do It On Your Terms!**

[Book Your Appointment Online Now](#)
We can't wait to see you!



CLICK HERE
to find out
about our
**CHIROPRACTIC
SERVICES**

**Zenith Physiotherapy and
Wellness Clinic**

Unit 309, 800 Yankey Valley Blvd.
SW Airdrie

1-403-879-8178



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

ZENITHPHYSIO.COM

Exercise Essentials

Hip Hikes With Balance Support

Stand on the leg that needs to be exercised. Hold on to a chair or counter for support. Start with your hips in a neutral position. Gently, move the hip of the off leg towards the ground. Using the chair for support, next lift the pelvis towards the ceiling.



[CLICK HERE TO REQUEST A CONSULTATION](#)

BALSAMIC GRILLED STEAK SALAD WITH PEACHES



INGREDIENTS

- 1 lb. skirt steak, trimmed of fat
- 1/4 c. balsamic vinegar
- 1 clove garlic, minced
- 1 tbsp. brown sugar
- 1 tbsp. vegetable oil
- kosher salt
- Freshly ground black pepper
- 1/4 c. extra-virgin olive oil
- Juice of 1 large lemon
- 6 c. baby arugula
- 2 peaches, thinly sliced
- 1/3 c. crumbled blue cheese or feta

Directions: Add steak to a large Ziploc bag or baking dish and toss in balsamic vinegar, garlic and brown sugar. Let marinate 20 minutes at room temperature. Heat a grill or grill pan to high. Rub steak with vegetable oil and season generously with salt and pepper. Grill until desired doneness, 3 minutes per side for medium rare. Let rest 5 minutes, then slice. Meanwhile, make dressing: In a small bowl whisk together olive oil and lemon juice and season with salt and pepper. Arrange salad: In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss. Serve immediately.

www.delish.com/cooking/recipe-ideas/recipes/a47340/balsamic-grilled-steak-salad-with-peaches-recipe/