

HEALTH & WELLNESS



NEWSLETTER



AVOID INJURIES BY IMPROVING YOUR BALANCE

What's Causing My Balance Issues?

Discover what could be the cause to your poor balance.

Healthy Recipe

Try this healthy recipe perfect for the ideal nutrition!

Congratulations Dr. Courtney Ellstrom

Dr. Courtney Ellstrom has received certification with the BIG program/Parkinson's patients.

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NEWSLETTER

AVOID INJURIES BY IMPROVING YOUR BALANCE



When was the last time you had your balance checked? No matter what age you are, your balance can always be improved - in fact, even those who do not live with a balance or gait disorders can still suffer from balance-related injuries that occur from poor posture or reflexes.

However, if you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time, it is a sign that you may be living with a balance or gait disorder. Balance disorders, and balance issues in general, all stem from the vestibular system. The vestibular system is a delicate collection of fluid-filled chambers and sensory nerves located in the inner ear. Your vestibular system helps manage your "proprioception," or sense of position, and when this is altered, it can be difficult to keep yourself steady. If you have been noticing issues with your balance, contact Marketplace Physical Therapy & Wellness Center today so we can help you figure out the root of your problem and treat it accordingly.

How can I tell if I need to improve my balance? It can sometimes be difficult to determine if your balance is in need of improvement. The simple test below may be an indicator that you should seek physical therapy intervention:

- Stand barefoot next to a counter, sink, or chair with your hand gently grasping the counter surface.
- Put one foot directly in front of the other, so that one heel is touching the opposite toes.

- Gently lift your hand up, but keep it close to the counter in case you need to grab it quickly. Try to hold this for 10 seconds (only do this if you feel safe or have someone nearby to help you).
- Now try it with your eyes closed.
- Do you wobble or lose your balance? This means your balance needs work.

According to the Centers For Disease Control (CDC), over 2.5 million adults were treated for nonfatal injuries in emergency departments in 2013. In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about keeping their balance in shape until it is too late and they suffer a harsh fall. The good news is that most falls can easily be prevented, simply by the regular exercising of your balance system. If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately, in order to avoid additional injuries in the future. It is important to note that you should also contact a physical therapist if you have any of the following symptoms:

- Dizziness or vertigo ("spinning" sensations, even when remaining still).
- Inability to focus or remain alert.
- Double vision or tunnel vision.
- Nausea or vomiting.
- Arm or leg weakness.
- Abnormal eye movements.
- Difficulty standing up from a seated position or standing for prolonged periods of time. **(continued inside)**

WHAT'S CAUSING MY BALANCE ISSUES?

(continued from outside)

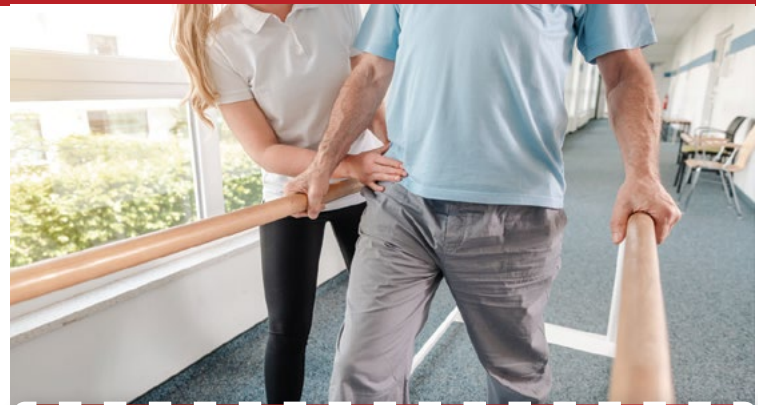
There are several factors that can impact your balance. Just a few include:

- Benign paroxysmal positional vertigo (BPPV).
- Meniere's disease.
- Vestibular neuritis.
- Migraines.
- Poor posture.
- Injury or ailment.
- Neurological issues, such as brain injuries, stroke, or Parkinson's disease.

The make-up of your treatment plan will be dependent upon the origin of your balance issue. When you arrive at Marketplace Physical Therapy & Wellness Center, your physical therapist will walk you through a comprehensive exam in order to gauge the nature of your condition and figure out the best course of treatment for your needs.

Whatever the case may be, all treatment plans will contain targeted balance exercises and stretches to help improve your core, vestibular system, and overall proprioception. Depending on your condition, vestibular rehabilitation and videonystagmography may also be included in your treatment plan.

Get started on a treatment plan today. Are you ready to get back on your feet and decrease your risk of sustaining a balance-related injury? **Contact Marketplace Physical Therapy & Wellness Center to schedule a consultation and get started today!**



BALANCE

CONSULTATION

FREE

BIG DEAL



Contact us today to schedule your FREE consultation!

Offer expires 09/27/21

EXERCISES/STRETCHES TO IMPROVE BALANCE

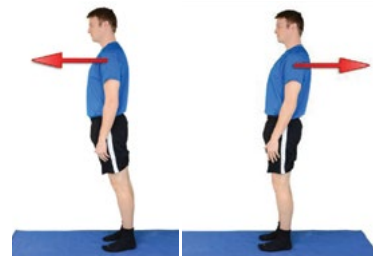
BALANCE TANDEM STANCE

Start by placing one foot in front of your other foot in a heel to toe position. Maintain your balance. Return to starting position and repeat. Attempt this exercise alternating the opposite foot in front.



BALANCE | ANKLE STRATEGY

Stand with good posture. Sway backwards and forwards keeping your knees and hips straight. Maintain your balance by using your ankles. Sway for 30 seconds. Rest. Repeat 5 times.



BALANCE | FORWARD REACH

Stand near a support, such as a chair, in case you need it. Reach forward as far as you can. Hold for 5 seconds and repeat 3 times.



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CONGRATULATIONS DR. COURTNEY ELLSTROM ON GETTING CERTIFIED WITH THE BIG PROGRAM/PARKINSON'S PATIENTS



Dr. Courtney Ellstrom , DPT, Dip. Osteopractic, CKTP, Cert. DN, MFDc, Cert. SMT, Cert. VRS

Courtney Ellstrom has her doctorate in Physical Therapy from Loma Linda University. She has worked for Marketplace Physical Therapy for over 8 years and has consistently obtained excellent results with her patients.

She is well-educated in the latest advancements in Physical Therapy and is certified in the following:

- DPT – Doctorate in PT
- Diploma in Osteopractic
- CKTP – Certified Kinesiotape Practitioner
- Cert. DN – Certification in Dry Needling
- MFDc – Certification in Myofascial Decompression
- Cert. SMT – Certification Spinal Manipulative Therapy
- Cert VRS – Vestibular Rehabilitation Specialist

Dr. Courtney is the only Osteopractor in the Southern California area. An Osteopractor earns a post-doctorate diploma by passing certifications in Spinal Manipulation Therapy and Dry Needling, in addition to training in IASTM, myofascial decompression (cupping), body tempering, extremity manipulation, and differential diagnosis. This allows us to safely rule out red flags and help yield a fast recovery.

Osteopractic Physical Therapists are some of the most skillful manual therapists in the world and there are only 260 Osteopractors worldwide. This education provides our doctor with the ability to prescribe and implement the most evidence-based treatment interventions.

With an Osteopractor, your recovery will be accelerated and you'll understand how to manage your diagnosis independently.

This is made possible by your personalized home exercise program and the education provided by your Doctor of Physical Therapy and our expertly trained staff.

Physical Therapists are movement experts with a doctorate education and focus on treating musculoskeletal and neurological dysfunction. A vast majority of the general population, regardless of age, can benefit from physical therapy services. We are capable of helping you avoid invasive procedures, screening for injury risk, eliminating aches and pains, and helping you get to your full potential after a surgical intervention.

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HEALTHY RECIPE BUDDHA NOODLES

INGREDIENTS

- 12 oz. package udon noodles
- 3 tbsp. smooth peanut butter
- 3 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. honey
- 1 tbsp. lime juice
- 1 clove garlic, minced
- 2 c. Shredded chicken
- 2 c. broccoli florets, steamed
- 2 avocados, thinly sliced



- 2 green onions, thinly sliced
- 1 tsp. sesame seeds

INSTRUCTIONS

In a large pot of salted boiling water, cook noodles according to package instructions. Drain noodles and rinse with cold water to cool. Return noodles to saucepan. Add peanut butter, soy sauce, sesame oil, honey, lime juice and garlic. Stir until sauce is creamy and noodles are fully coated. If the sauce is too loose, turn heat to low and cook until the sauce has thickened, about 1 minute. Divide noodles between bowls. Top each serving with chicken, broccoli, avocado and green onions. Garnish with sesame seeds and serve warm or at room temperature.

<https://www.delish.com/cooking/recipe-ideas/recipes/a52185/buddha-noodles-recipe/>

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