

*We Hope You Have A Fun
Thanksgiving With Your Loved Ones!*



AVOID INJURIES BY IMPROVING YOUR BALANCE

What's Causing

*My Balance
Issues?*

Direct Access

*Save Time, Save Money, Improve
Your Health Naturally*

Healthy Recipe

*Try this healthy recipe perfect
for weeknight dinners*

Is pain or injury keeping you from enjoying life? Schedule your consultation with a physical therapist today by calling 405.478.5333!

The end of the year is coming quick, make sure you don't waste your insurance benefits! Come back to physical therapy today!



ARE YOU AT RISK OF SUSTAINING A FALL-RELATED INJURY?

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 Courcier Clinic today. Our clinic uses hands-on sequenced manual therapy and diagnostic testing to help our patients figure out the root of their 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.

**Call Courcier Clinic at 405.478.5333 to schedule your appointment today!
Visit courcierclinic.com for more information.**

WHAT'S CAUSING MY BALANCE ISSUES?

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.

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.

- Mechanical problems with your head/neck/ribs (Sequenced manual therapy is the treatment.)

Balance and gait disorders, such as BPPV, belong to a family of functional problems that interfere with your positional awareness, your normal means of walking or running, and your ability to keep yourself upright. Balance and gait disorders are closely related, but they do have some distinct differences. Balance disorders are both physical and mental, as your brain may think you are moving, even when you are not. Changes to your joint strength, mobility, and ability to sense where your joints are in space [proprioception], all have physical consequences on your balance. Gait disorders can cause abnormal movements to the way you walk and run, and these can become exaggerated with age.

HOW CAN VESTIBULAR THERAPY HELP ME?

At Courcier Clinic, we provide vestibular therapy for our patients suffering from balance disorders. Balance disorders refer to a broad range of conditions, but they are all connected by the effect they have on the vestibular system, also known as the inner ear. Vestibular therapy also referred to as vestibular rehabilitation, is conducted through a process of "adaptation and compensation." This means that the vestibular system is being "reprogrammed" through both passive and active

therapies to form connections with the brain on adjusting imbalances and regaining stability. The make-up of your treatment plan will be dependent upon the origin of your balance issue. When you arrive at Courcier Clinic, your physical therapist will walk you through a comprehensive exam 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, diagnostic testing, hands-on sequenced manual therapy, and stretches to help improve your core, vestibular system, and overall proprioception.

CALL US TODAY TO GET STARTED ON A PLAN TO IMPROVE YOUR BALANCE

Are you ready to get back on your feet and decrease your risk of sustaining a balance-related injury? Contact Courcier Clinic to schedule a consultation and get started today!



Come back to PT! Call Courcier Clinic today at 405.478.5333 or visit courcierclinic.com to see how we can help you!

If pain limits you from daily tasks, you need hands-on P.T. Call for a free screen or schedule today if you don't want to wait for the workshop!

SHOULDER PAIN WORKSHOP!

*Join us
December 14th
at 6:30 PM!*

Jeff Courcier will be teaching a Shoulder pain workshop on December 14th, 2021 at 6:30 PM. This will be an informative workshop for people to learn how Physical Therapy can help relieve your shoulder pain and improve your function!

Neuropathy Workshop coming soon, dates TBA!

Call 405-478-5333 to reserve your spot today!

DIRECT ACCESS & INSURANCE INFORMATION

Save Time, Save Money, Improve Your Health Naturally

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a physician referral is not needed. In the state of Oklahoma, you have direct access to physical therapy! You have the power to choose.

Save money & time and get the BEST results through PT First.

New equipment at Courcier Clinic: Neubie-NeuFit System



Neubie is an innovative cutting-edge bio-electrical stimulation device that can detect and treat areas of dysfunction. The nervous system controls every muscle movement. If a movement dysfunction is contributing to your pain, keeping you injured, limiting your mobility, or robbing you of performance, then the Neubie may be able to help you.

The Neubie uses pulsed direct current to promote the healing of your body's tissues. It allows Courcier Clinic's physical therapists to provide a meaningful dose of neuromuscular re-education. Treatments with the Neubie are active rather than passive. During traditional e-stim treatments, you would lie down, passively accepting the current and not moving. The Neubie actually permits movement, even at therapeutic levels of stimulation. Contact Courcier Clinic today to see how our Neubie-NeuFit System could benefit you.

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Leave us a review!



Scan the QR Code with your smartphone's camera to visit our Google Reviews page and tell the world about your experience!

Healthy Recipe

Green Beans with Toasted Garlic & Almonds

INGREDIENTS

- kosher salt
- Pepper
- 2 lb. green beans
- 3 tbsp. olive oil
- 2 clove garlic
- c. Sliced almonds

DIRECTIONS

1. Bring a large pot of water to a boil. Add 1 Tbsp salt, then the green beans, and cook until just tender, 3 to 4 minutes. Drain.
2. Meanwhile, heat the oil in a large skillet over medium heat. Add the garlic and cook, stirring, for 1 minute. Add the almonds and cook, stirring occasionally, until golden brown, 2 to 3 minutes.
3. Add the green beans to the skillet, season with 1/2 tsp salt and 1/4 tsp pepper and toss to coat. Serve warm or at room temperature.



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