



Are You Living With Balance &  
Neuropathy Issues?  
**Physical Therapy Can Help!**



405.656.7230 | [COURCIERCLINIC.COM](https://www.courcierclinic.com)

# Are You Living With Balance & Neuropathy Issues?



Have you been experiencing balance issues, dizziness, or vertigo? At Courcier Clinic, we understand these conditions can make it difficult, if not impossible, for you to go about your daily routine. As experts in vestibular rehabilitation, we regularly work with people struggling with these symptoms, whether due to peripheral neuropathy, balance disorders, or neurological conditions. We can help you identify the exact cause and develop a treatment plan that suits your needs. Call us today to get started!

## Understanding Peripheral Neuropathy

Peripheral neuropathy is an umbrella term for various conditions that impact your nervous system. It specifically refers to damage to nerves outside of your brain and spinal cord—your peripheral nerves.

Your peripheral nerves have different functions in your body. Some gather sensory information, while others control your movements. There are also nerves that control automatic functions, such as blood pressure or digestion. When one or more of those nerves are damaged—whether due to an injury, underlying illness, or genetic factors—you can experience a range of symptoms. Often, those symptoms include difficulties with balance and stability. That's where we come in.

## Comprehensive Treatment for Neuropathy Symptoms

We always begin with a comprehensive screening that helps us understand the particulars of your neuropathy, including its severity. We might utilize our in-house EMG/NCV testing, a simple assessment that uses electrodes to measure nerve health, or the Neufit Neubie system, an FDA-

approved electrical stimulation device that can help with both evaluation and treatment. In addition to our screening, we'll take a complete health history and discuss your specific goals, ensuring we can create a personalized treatment plan. While plans will vary from patient to patient, here's a general idea of what you can expect:

- **Electrical Stimulation:** Not only can the Neufit Neubie identify areas of nerve damage, but it can also help stimulate them. It works by sending a mild electrical signal into the damaged area, which essentially "trains" your nerves. When combined with targeted exercises, it can help improve or restore nerve function.
- **Balance Exercises:** We'll also work with you on high-level balance exercises. These exercises are designed to challenge your balance, helping you improve it over time. We'll measure your progress and increase the intensity so you stay challenged (and see results).
- **Additional Screenings:** We'll also work closely with you to identify other potential areas of impairment, ensuring you receive comprehensive treatment. We'll screen for...
  - Vertigo, a spinning sensation that stems from issues with your vestibular system.
  - Visual disturbances and gaze instability issues that might contribute to your vertigo.
  - Musculoskeletal impairments in your head and neck that can lead to vertigo symptoms.
- **Vestibular Rehabilitation:** Vestibular rehab is a set of specialized treatments specifically aimed at improving symptoms stemming from vestibular disorders (especially vertigo). Depending on what we find in your screenings, we can work to improve your gaze stability, show you strategies to get through vertigo attacks, and more.

# Fall Prevention With Courcier Clinic

Call us at 405.656.7230 to schedule your appointment today! We are here for you.

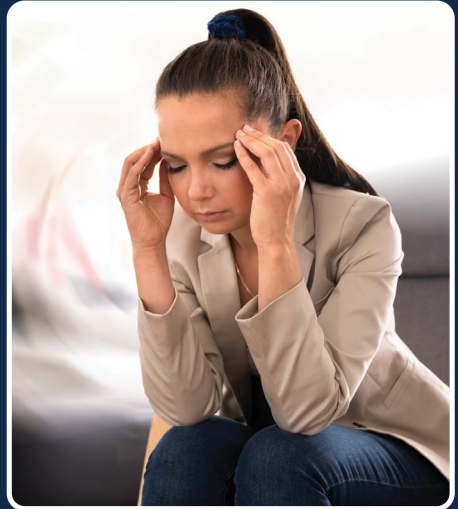
If you're struggling with balance, dizziness, and vertigo, it's crucial that you also work on fall prevention. A bad fall can potentially lead to severe injury, making it difficult to continue neuropathy treatment.

We can address fall risks and prevention through the following:

- **Balance Training:** Your balance exercises are a significant part of fall prevention.
- **Gait Training.** Your gait is your walking pattern. Gait training aims to restore normal gait patterns and physical function when walking and/or moving.
- **Strength training.** Strong muscles help you keep your balance. We'll design a strength training program that addresses specific areas needing improvement, such as your core or lower extremities.

**Request Your Appointment with Us Today!**

If you're struggling with balance, instability, or vertigo, the Courcier Clinic team of physical therapists is here to help, no matter the cause. From an in-depth assessment to a personalized treatment plan, we'll find a program that works for you. Call today to schedule an initial consultation!



Sources: <https://www.physio-pedia.com/Falls> • [https://www.physio-pedia.com/Vestibular\\_Treatment](https://www.physio-pedia.com/Vestibular_Treatment) • <https://www.neufit/the-neubie>



## Mini Heart-Shaped Naan Pizzas

### Ingredients:

- 8 mini naan flatbreads
- 1 cup pizza sauce
- 1 1/2 cups shredded mozzarella cheese, or more to taste
- 40 slices pepperoni, or more to taste
- Optional veggies such as peppers, onions or olives

HAPPY  
*Valentine's Day*

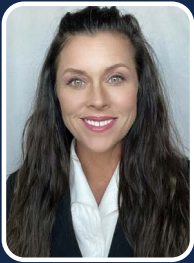
**Directions:** Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with foil for easy cleanup. Use a 4 to 4 1/2-inch heart-shaped cookie cutter to cut each flatbread into a heart shape. Place flatbreads on the prepared baking sheet, evenly spread the pizza sauce on each, and sprinkle with mozzarella. Cut each slice of pepperoni into a heart shape using a mini heart-shaped cookie cutter, if desired, and place on top of mozzarella. Add any additional toppings. Move the baking sheet to the oven, and cook until cheese is melted and crust is golden brown, 9 to 11 minutes. Serve hot.

Start healing with our team: 405.656.7230 | [courcierclinic.com](http://courcierclinic.com)

# Staff Spotlight

Meet our dynamic office duo, Brandi & Amanda!

Brandi is Courcier Clinic's Office Manager and Amanda is our Office Assistant. This dynamic duo is the clinic's welcome team that will help guide your Physical Therapy treatment. They will assist in getting you scheduled, review your insurance benefits, and answer your questions. The front office is an integral part of our team's goal of providing you with exceptional care. Brandi and Amanda are looking forward to helping you!



Brandi  
Office Assistant



Amanda  
Office Assistant

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# Patient Success

**"So thankful Courcier Clinic was able to see me so soon after experiencing vestibular problems."**

"So thankful Courcier Clinic was able to see me so soon after experiencing vestibular problems. Melinda quickly assessed what treatment I needed for the dizziness, lack of balance and vertigo, and had me working on those solutions during my first visit. I have now completed my treatment and am back to my normal again, and continuing to do a series of exercises to alleviate recurring symptoms. Everyone at Courcier was so kind and completely dedicated to getting me back to my best health." — **S.D.**



# Workout Your Brain Sudoku

					3		8
	9	7					1
				4	6		2
5		3	8	1	7		6
9			5	6	3	7	2
	3		7	5			
	4					2	3
1		2					

# Do You Know About Direct Access?

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 for 30 days without a doctor's order. You have the power to choose. You can schedule a Wellness Eval/Treatment if you are still hurting and not getting the help you need.

The PTs at Courcier Clinic have extensive specialty training in sequenced manual therapy, functional dry needling, diagnostics using EMG and MSKUS to provide a higher level of care that is not found at all P.T. clinics. If you have failed at other traditional P.T. clinics and you have chronic pain, there is hope for help at our clinic.

**Call 405.656.7230 Today!**