

ARE YOU EXPERIENCING HEADACHES & BALANCE ISSUES?



PHYSICAL THERAPY CAN HELP WITH BOTH!

ALSO INSIDE

**Physical Therapy Can Help With
Headaches & Balance**

**Element PT & The
BalanceTutor 4D Treadmill**



ARE YOU EXPERIENCING HEADACHES & BALANCE ISSUES?

PHYSICAL THERAPY CAN HELP WITH BOTH!

Headaches are pretty common. Most of us will have a handful of them a year on average. There are many triggers for headaches, including physical and emotional stress.

Several aspects of a person's life can be affected by their headaches, including their ability to remain balanced. This can increase a person's risk of falling and sustaining injuries.

Thankfully, safe treatment is available for those dealing with this kind of condition: Physical therapy can ease your headache symptoms and improve your balance by finding and treating the underlying cause.

You deserve a safe and sustainable way to manage your condition; contact Element Physical Therapy in Missoula today to learn more about how physical therapy can help.

HOW ARE HEADACHES AND BALANCE RELATED?

If you've ever experienced a headache that causes you to feel as if the ground beneath you is moving, it could have been related to your vestibular system.

Medical News Today explains that "the vestibular system of the inner ear and brain controls balance and how people understand the space they are in. When this is affected, someone may experience feelings of vertigo, unsteadiness, or dizziness, which can be triggered by movement."

Vestibular migraines are headaches that affect the ability to remain balanced and upright. These kinds of headaches can affect vision and hearing abilities as well. There are a few commonly experienced symptoms accompanying these kinds of headaches, including:

- Neck pain
- Difficulty turning the head
- Ringing in the ears
- Loss of vision
- Trouble staying upright
- Vertigo

DISCOVER HOW OUR TEAM OF SPECIALISTS AT ELEMENT PHYSICAL THERAPY CAN GET YOU MOVING PAIN-FREE AGAIN! CALL (406) 543-7860 TODAY FOR AN APPOINTMENT



PHYSICAL THERAPY CAN HELP WITH HEADACHES & BALANCE ISSUES?

Physical therapy treatment plans are designed to help you live a happier, healthier life. When you visit an Element Physical Therapy Physical Therapist, they can determine the underlying cause of your headaches and create a customized plan of action to help combat the effects your headaches have on your balance.

In the case of headaches associated with balance problems, your therapist will also try to help you figure out just what triggers your headaches in the first place. Stress, certain kinds of foods and beverages, sleeping problems, hormonal changes, and bright lights are all possible triggers that may be determined during treatment. Physical therapy treatment for headache pain and balance improvement will most likely include specific exercises that will help stabilize your gaze and help your eyes to track movement to improve balance and hand-eye coordination.

WHAT TO EXPECT DURING YOUR FIRST APPOINTMENT

You might be wondering what to expect during a physical therapy appointment at Element Physical Therapy. First, your physical therapist will take detailed notes on your medical history, including an account of when you experience the headaches, how long they are lasting, and what kind of balance issues accompany them. This may be followed by diagnostic testing.

Source: <https://www.medicalnewstoday.com/articles/320244#migraine-overview>

Next, the physical therapist will prescribe manual therapy and stretches as well as targeted exercises designed to improve your posture, provide pain relief, and help fight any immobility or imbalances you're experiencing because of your headaches. Your physical therapist will also evaluate your progress over time and make suggestions for getting the most out of your therapy experience.

It's important to be honest with your therapist about your symptoms so that they are better able to diagnose and treat your specific condition. Physical therapy is never meant to increase a patient's pain, so if at any time you have trouble, let your therapist know at once so they can adjust your treatment plan accordingly.

If you're experiencing headaches that have affected your ability to keep your balance and stay upright, it's time to seek help from a physical therapist. To learn more about this natural, drug-free method for headache relief and balance management, contact our clinic today.

DISCOVER HOW OUR TEAM OF SPECIALISTS CAN GET YOU MOVING PAIN-FREE AGAIN! GO ONLINE OR CALL US TO SCHEDULE AN APPOINTMENT TODAY.

(406) 543-7860

ELEMENT PT AND THE BALANCETUTOR 4D TREADMILL



Has your balance been impacted by any of the following?

- Trips and falls
- Moving in crowds
- Slippery Surfaces
- Daily activities such as grocery shopping
- Your work environment
- Going up and down stairs or an inclined surface
- Obstacles in your walking path
- Dangerous weather
- Uneven terrain
- Returning to sports

With the use of the BalanceTutor 4D Treadmill, we can offer you a unique and personalized balance treatment plan that is symptom-driven and carefully diagnosed to address your balance challenges.

The BalanceTutor 4D treadmill can move forward, backward, and side to side while you are standing still or walking. You are safely put in a harness system that is suspended from a steel frame above you so you will never fall to the ground.

The BalanceTutor Treadmill offers:

- Training for specific muscle strength, endurance, and functional integration into your daily activities or sports
- 4D balance training, meaning it can provide unexpected challenges (perturbations) to your balance in 4 different directions. This helps to better simulate scenarios in which you experience balance difficulty.

For more information on the Balance Tutor 4D treadmills by MediTouch, to see it in action, and for additional resources, request an appointment with Element Physical Therapy today!

Call Element Physical Therapy Today or visit our website at elementpt.com to schedule your consultation today!

PATIENT SUCCESS SPOTLIGHT

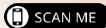
“... you feel like you have a friend pushing you along that truly celebrates the little wins and advances with you.”

“People go to physical therapy because they are in pain or they are lacking the quality of life they desire and it can be an uncomfortable process, but having a PT like Marc alongside you the whole way makes you feel like you have a friend pushing you along that truly celebrates the little wins and advances with you ” - **Angelina J.**

GIVE US A SHOUTOUT!

WE WANT TO HEAR YOUR SUCCESS STORY!

Scan the QR code below to go to our Google Reviews page. We look forward to hearing from you!



EXERCISE ESSENTIALS

BILATERAL SUBOCCIPITAL STRETCH

While lying on a flat surface, put both hands behind your head, cupping the base of your skull with your thumbs. Tuck your chin downwards and apply a firm force up your skull with both thumbs to feel a moderate stretch in the back of the upper neck. Hold for at least 30 seconds. Repeat 3 times. **Helps Stretch Upper Neck.**



SimpleSet Pro
www.elementpt.com

A NOTE FROM AMY

Hello Friends,

We are having a free Balance Screening Day on Thursday, September 23, 2021, from 1 pm - 4 pm. All are invited! Don't forget to invite your neighbors and loved ones as well. We will have our entire staff here to help assess your balance to make sure it is where it needs to be to prevent falls or return you to your favorite activities. Please spread the word. It is FREE! No appointment is necessary.

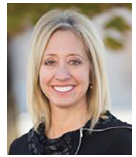
That afternoon we are also hosting an Open House to the public from 4 pm -7 pm. You are welcome to check out our clinic and our world-class equipment. We have brand new audiology equipment and software in addition to our 3D treadmill. Come meet our new audiologist, Kinzee. We care about you and want you to feel well. Please reach out to us if you have any questions or if you would like to make an appointment.

Until we meet again, stay happy and healthy!

All the best,

Amy Downing,

PT, Owner, Vestibular Specialist



HEALTHY RECIPE

CRAB TACOS



INGREDIENTS:

- Tortillas

For the filling

- 50ml mayonnaise
- 200g brown crabmeat
- Juice ½ lime
- 1 small fennel bulb, very finely sliced
- ½ cucumber, halved lengthways, deseeded and sliced
- Small bunch fresh chives, finely chopped

- Small bunch fresh coriander, roughly chopped
- 2 spring onions, finely sliced
- 300g white crabmeat

For the tomato salsa

- 200g cherry tomatoes, quartered
- ½ red onion, very finely diced
- Juice 1 lime
- Handful fresh mint, finely chopped
- Coriander and mint leaves to garnish

DIRECTIONS: Mix all the filling ingredients except the white crabmeat, then taste and season. Mix all the ingredients for the salsa in a bowl and season well. To assemble, fill a tortilla with some of the filling mixture, then top with some white crabmeat and a dollop of salsa. Garnish with a few herb leaves, then roll up the tortilla.