



NEWSLETTER

NOVEMBER 2021

WHAT'S INSIDE

STAY ON YOUR FEET!

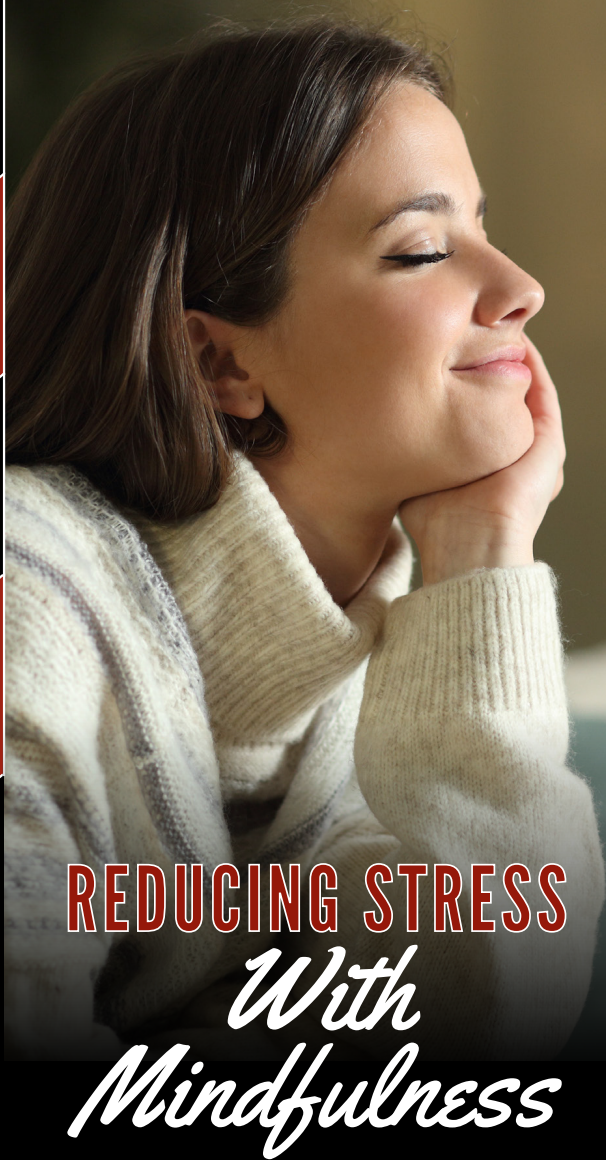
How Therapy Solutions
Can Help You Keep Your
Balance!

STAFF SPOTLIGHT

Congratulations to
Kara Keithley, DPT!

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We Make It Easy To Leave
A Review!



REDUCING STRESS
*With
Mindfulness*

REDUCING STRESS *With Mindfulness*

**FIND INNER PEACE AND CALM
THIS HOLIDAY SEASON**



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► There are several stressors that each of us deal with on a daily basis. Between doing our jobs, taking care of our families, and paying attention to current events, it's hard not to be stressed sometimes! However, there are ways to combat stress, such as practicing mindful behavior.

According to Help Guide, mindfulness has been found to be a key element in stress reduction and overall happiness. **Being mindful means that you are focusing your attention on the present moment, accepting and observing it for what it is without judgement.**

If you practice mindfulness on a daily basis, you will be better able to respond to stressful situations in a calm and level-headed manner. The less stress you experience, the lower your risk is of developing many health problems that are directly correlated to stress.

Practicing mindful behavior improves your mood, and helps your brain to function and focus more efficiently. Mindfulness allows you to be more focused, which

keeps you safer and healthier. It also brings a more open attitude towards the unknown. This decreases feelings of anxiety or worry.

There's no reason to crack under pressure! Learning new breathing techniques to center yourself during the day and paying attention to what kinds of stress affect what parts of your body can really help your health in the long run.

To learn more about stress management, contact Therapy Solutions today!

Therapy 
Solutions
TAKE YOUR LIFE BACK.



HOW THERAPY SOLUTIONS CAN HELP YOU **KEEP YOUR BALANCE!**

Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement.

When this is impaired, the necessary messages become blocked from your brain, and your movement becomes affected. You may feel as if the world is spinning around you, you can't focus your vision for prolonged periods of time, or you can't stand/move properly without feeling like you'll topple over. Some common causes of vertigo include:

- ▶ **Benign paroxysmal positional vertigo (BPPV).** This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in. This can cause sudden spinning sensations (vertigo) and inner-ear discomfort.
- ▶ **Meniere's disease.** This occurs when fluid builds up in your ear(s). This typically includes "ringing" sounds in the inner-ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing losses.
- ▶ **Vestibular neuritis.** This is an inner-ear infection that can cause vertigo.
- ▶ **Migraines.** Migraines can impact your vestibular system, thus causing episodes of vertigo which may be coupled with sensitivities to light or sound. Vision may also be impaired.
- ▶ **Stroke.** A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.

Some accompanying symptoms to vertigo may also include:

- ▶ Inability to focus or remain alert
- ▶ Double vision
- ▶ Nausea or vomiting
- ▶ Arm or leg weakness
- ▶ Difficulty seeing or speaking
- ▶ Sweating
- ▶ Abnormal eye movements

HOW WILL PHYSICAL THERAPY HELP?

Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter what the cause may be, physical therapy for dizziness and vertigo can help. Therapy Solutions has some of the most advanced techniques for diagnosing and treating both dizziness and vertigo, such as vestibular rehabilitation.

Vestibular rehabilitation includes treatments such as the Epley maneuver, which allows for canalith repositioning to move the broken calcium crystals in patients experiencing BPPV, as well as Cawthorne head exercises, which focus on decreasing nerve sensitivity and improving vertigo.

Physical therapy is very important to strengthening joints and learning the right exercises to relieve dizziness and vertigo, in order to improve balance. A professional can help you develop a program that plays into your strengths while increasing your ability to balance and reduce bouts of unsteadiness. Contact Therapy Solutions today to get started!

Therapy Solutions
TAKE YOUR LIFE BACK.

For more information about how Therapy Solutions can help you, visit our website at therapy-solutions.net.

STAFF SPOTLIGHT: MEET OUR PHYSICAL THERAPY TEAM!



Pictured Above: Brian Laumb, Jessie Binstock, Kara Keithley, Sasha Tsubur-Mayer, Tom Henke **Not Pictured:** Lexi Hauck, Robert Wock, Rachel Kottsick, Heidi Schmidt, Kayla Dorrell, and Debra Vaagen

October was National Physical Therapy Month and we wanted to say thank you to all of our dedicated physical therapists! Thank you for your hard work and compassion that you demonstrate with all of your patients!

STAFF SPOTLIGHT: KARA KEITHLEY, DPT



Kara Keithley, DPT has recently been certified in Vestibular Rehabilitation. Congratulations, Kara!

Kara graduated in 2016 from the University of Jamestown with a Doctorate of Physical Therapy, completing her clinical education in the areas of outpatient and pediatric physical therapy. Shortly after graduating, Kara joined the Therapy Solutions' team, providing services in our outpatient clinic and skilled nursing facilities.

Kara's areas of expertise/specialties include orthopedics, geriatric populations, and now vestibular rehabilitation!

"I chose to work at Therapy Solutions because all the employees are striving for the same goal for clients, "Take Your Life Back." I have the opportunity to work in different settings, working with a variety of ages, which is incredibly rewarding. I'm able to assist people to reach their maximum potential, return to their daily activities and hobbies that they love without having limitations and pain. I am surrounded by other motivated and passionate therapists which in turn motivates myself and provides a very gratifying work environment."



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