



# HEALTH & WELLNESS

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# NEWSLETTER

## FIND BALANCE ONCE AGAIN BY RELIEVING YOUR DIZZINESS & VERTIGO



**FREE**  
**PAST PATIENT**  
**CHECKUP**  
(DETAILS INSIDE)

### INSIDE:

- Why Is Balance Compromised By Dizziness & Vertigo?

- Healthy Recipe
- Exercise To Do At Home
- Patient Success Spotlight

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# HEALTH & WELLNESS NEWSLETTER

## FIND BALANCE ONCE AGAIN BY RELIEVING YOUR DIZZINESS & VERTIGO



Balance is a big deal in our everyday world, but we take it for granted. Just think how long it took you to master walking, running, and jumping as a child. Your balance system is incredibly complex and allows you to walk around over steps and obstacles without thinking. However, when balance is affected, it can be difficult to perform daily tasks and activities you enjoy.

According to the Centers for Disease Control and Prevention, "Thirty million older adults fall each year—resulting in about 30,000 deaths. Each year, 3 million older adults are treated for a fall injury. One out of every five falls causes a serious injury, such as broken bones or a head injury."

Dizziness and vertigo are common reasons why someone may experience issues with balance or sustain an unexpected fall. We've all had the sensation of being dizzy - as if you can't focus, can't see straight, can't stand upright without swaying or falling. You may even experience "tunnel vision," where your peripheral vision goes dark for a few seconds.

Dizziness is common and can have many causes. Vertigo, however,

FREE

PAST PATIENT CHECKUP

BIG DEAL

Contact us today to schedule your FREE checkup!

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PHYSICAL THERAPY

Offer expires 1/29/21

is a little different. While dizziness is typically synonymous with "lightheadedness," which creates the illusion of being unsteady, vertigo is typically a response to a physiological factor that is causing a quite literal imbalance in your body. Those experiencing vertigo have reported feeling as if they are "rocking" or "spinning," even when they are sitting still.

Physical therapy for dizziness and vertigo is a common and effective course of treatment. For inquiries regarding vertigo testing, don't hesitate to contact GoodLife Physical Therapy. **If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call our office today to schedule an appointment with one of our experienced physical therapists.**

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# WHY IS BALANCE COMPROMISED BY DIZZINESS & VERTIGO?

Just a few of the many factors that can lead to dizziness include lack of sleep, poor nutrition, overexertion, or a physical ailment, such as a head cold or the flu. Some accompanying symptoms to dizziness may include:

- Loss of balance
- Lightheadedness or heavy-headedness
- Momentarily impaired vision (i.e. tunnel vision)
- Feeling woozy or faint

Vertigo is most commonly caused by an imbalance in the inner ear, also known as the "vestibular system." 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. Some common causes of vertigo include:

- **Benign paroxysmal positional vertigo (BPPV).** 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. GoodLife Physical Therapy has some of the most advanced techniques for diagnosing and treating both dizziness and vertigo, including vestibular rehabilitation and videonystagmography.



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.

Videonystagmography is a highly specialized diagnostic tool for testing inner ear functions. This test determines whether your dizziness or vertigo is being caused by a vestibular disease, and it is the only test available that can decipher whether there is a vestibular loss in one or both ears.

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 GoodLife Physical Therapy today to get started!**

Sources: <https://www.mayoclinic.org/diseases-conditions/dizziness/symptoms-causes/syc-20371787>  
<https://www.moveforwardpt.com/SymptomsConditionsDetail.aspx?cid=8fab48714c0482e9280c655e1776be>  
<https://www.google.com/search?q=cdc+balance+statistics&ocq=cdc+balance+statistics&qs=chrome.69j57.398qj78source=chrome&ie=UTF-8>

**Call Orland Park: (708) 966-4386 or Homer Glen: (708) 645-7700 today to schedule an appointment!**



## ROASTED CHICKEN WITH MEYER LEMONS & POTATOES

### INGREDIENTS

- 1 whole chicken left at room temperature for 30 minutes, giblets reserved for another use
- 4 Meyer lemons, halved
- 2 lbs baby potatoes, halved
- 2 tbsp extra-virgin olive oil
- Kosher salt & ground pepper
- 2 tbsp thyme leaves, plus sprigs for garnish

### DIRECTIONS

Preheat oven to 450 degrees. Arrange chicken on a rimmed baking sheet. Rub with 1 tablespoon oil and season with salt and pepper. Tie legs with twine and transfer to middle rack. Roast, turning once, until golden brown and a thermometer inserted in thigh reads 165 degrees, about 50 minutes. Remove and let stand 15 minutes before serving. Pour pan juices into a small container and skim fat. While chicken roasts, toss lemons and potatoes with remaining oil and thyme in a medium bowl and season with salt and pepper. Arrange in a single layer on a rimmed baking sheet and transfer to lower rack. Roast, flipping occasionally, until tender and golden brown, about 40 minutes. Serve with chicken and pan juices.

<https://www.marthastewart.com/1520506/roast-chicken-meyer-lemons-and-potatoes>

## PATIENT SUCCESS SPOTLIGHT

“I have had two sets of sessions with Mickey Shah's care separated by about 4 years. Each set was a treatment for dizziness. Both sets of treatment cured my condition. Mickey and his staff were friendly and helpful. I recommend GoodLife for physical therapy.” - **Robert O.**

## REFER A FRIEND

Do you have any friends or family unable to do the following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods of time comfortably
- Live an active and healthy lifestyle
- Walk for long distances

Who do you know that could benefit from therapy? If you know someone suffering with aches and pains, in these areas, you are at risk for losing your balance. **Pass along this newsletter or have them call for a Free Pain Consultation.**

To: \_\_\_\_\_

From: \_\_\_\_\_



## Exercise To Do At Home

Improves 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.

SimpleSet Pro  
www.simpleset.net



## BALANCE & SAFETY TIPS TO PREVENT FALLS

When you have a Vestibular problem or a balance problem there are some simple things you can do to increase your safety and reduce your risk of falling:

- **Use a night-light:** We use our vision to help us balance. When it is dark, you can't use vision so your vestibular system and other systems are challenged. If you have a problem in these areas, you are at risk for losing your balance. Place a night light in the bathroom and hallways so night-time trips to the bathroom are safe.
- **Be careful with throw-rugs:** Make sure all rugs have a non-stick bottom and won't slide when stepped on. Even if the rug has a non-stick bottom it could cause you to catch your toes or trip, so you may want to remove them until your balance improves.
- **Keep walkways clear:** Don't put extraneous things in walkways that would require you to walk around or over.
- **Use non-slip mats in shower or tub.**
- **Have hand-rails installed in shower and/or toilet area.**
- **Be careful turning your head while walking:** turning your head while standing or walking challenges your balance. If your balance is impaired, turn your head slower or hold onto something while turning your head.
- **Keep one hand free:** When carrying objects, don't overdo it. Keep one hand free to catch yourself in case you lose your balance.



# DISCOVER RELIEF FOR YOUR CONDITION

# **BALANCE & VERTIGO WORKSHOP**

*Don't Miss This*

# **FREE WORKSHOP**

On January 23rd at 10AM

- Do you suffer with poor balance?
- Do you experience dizziness, unexpected falls, or lightheadedness when you stand or walk?
- Do you suffer from a past fall or injury?
- Do you have momentarily tunnel vision or impaired vision?
- Are you afraid your balance will get worse if you don't do anything about it?

**If you have answered YES to any of the above questions (or have a stubborn spouse who is in denial) the Balance & Vertigo Workshop may be a life changing event for you...**

**Balance & vertigo can completely ruin your life.**

- ✓ It can take your focus away from enjoying your life... like spending time with your children or grandchildren
- ✓ It can mess up your work or force you to do a job you don't want to do
- ✓ It can ruin your travel plans



**We are hosting a FREE Balance & Vertigo Workshop at both clinics, January 23rd at 10:00am!**

**Here's some of what you'll learn:**

- ✓ The single **BIGGEST #1 MISTAKE** Balance & Vertigo sufferers make which actually stops them from healing
- ✓ The **3 MOST COMMON CAUSES** of Balance & Vertigo
- ✓ What successful treatment and permanent relief looks like without the side effects of medications, injections or surgery

**Appointments are free but limited; there are only 15 spots available.**

**Don't delay, register today by calling now!**

***Reserve your spot today and learn how to take care of your balance and vertigo issues!***

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# BENEFITS OF PELVIC HEALTH THERAPY

## MEET OUR NEW PELVIC HEALTH PHYSICAL THERAPIST!



***Pelvic Pain Affects Up To 20% Of The Population In The U.S. Including Both Men And Women.***

**Pelvic Health Physical Therapists:**

- Are specially trained to identify musculoskeletal factors contributing to pain and limitations in order to improve quality of life
- Utilize research-based treatment

options which may include manual therapy, exercise, biofeedback, and neuromuscular reeducation

- Help to restore normal joint mobility, improve muscular balance and control and teach improved movement patterns
- Empower the patient by teaching them how to help themselves and prevent new injury or problems

**Pelvic Health Therapy Helps to:**

- Decrease pain with daily activities, sexual intercourse, and voiding
- Assist with pregnancy-related issues
- Improve function with bladder control, voiding, and daily activities
- Improve quality of life following post-partum delivery, prostatectomy, bladder surgery, and hysterectomy



**Meet Our New Pelvic Health Physical Therapist!**

**ANNA ALBRECHT**

PT, DPT, MPH, CAPP-Pelvic

Anna earned her Doctorate in Physical Therapy from Governors State University in 2016, as a mid-life career shift. Following

this, she completed the rigorous requirements to be granted a Certificate of Achievement in Pelvic Physical Therapy (CAPP-Pelvic) by the American Physical Therapy Association – Academy of Pelvic Health Physical Therapy. Anna's approach to patient care is light-hearted and incorporates skills gained from prior professional experiences, including Respiratory Care and Pilates.

She is a member of the American Physical Therapy Association and the Academy of Pelvic Health Physical Therapy, and a lifelong learner, constantly adding to her unique tool kit to provide compassionate, individualized care regardless of a person's cultural background, gender identification, or sexual orientation.

Anna currently lives in La Grange Park, a vegetarian foodie who enjoys an active lifestyle that includes cycling, yoga, anything outdoors and live music. She is the proud mother of 2 sons, Jack and Ivan, who shares her enthusiasm for life, travel, and anything off-the-beaten-path.

[anna@goodliferehab.com](mailto:anna@goodliferehab.com)

## *Get In Touch With Our Registered Dietitian!* **EILEEN CONNEELY, RD, LD, CPT, REGISTERED DIETITIAN**



Eileen Conneely, GoodLife Physical Therapy's Registered Dietitian, became interested in health and nutrition in high school. She knew she wanted to pursue a career in nutrition to educate and help others. Eileen earned her bachelor's degree in Nutrition and Dietetics from the University of Dayton and completed her dietetic internship at Indiana University School of Medicine. She began her career in corporate wellness at Blue Cross Blue Shield of Illinois. Eileen helped create and maintain their internal wellness department from the Chicago office. Her primary mission was to keep the Blue Cross Blue Shield employees healthy.

In 2008 while working as a Registered Dietitian at a fitness center, Eileen became certified personal trainer. This way she could better serve her clients, as fitness and nutrition go hand in hand. Since then, Eileen has become a certified cycling instructor, certified women's fitness specialist and enjoys teaching other fitness classes. She also presents corporate wellness seminars, sees patients at a local children's clinic and volunteers as a driver for The American Cancer Society.

Eileen currently resides in Tinley Park with her husband and 3 beautiful children. She spends most of her free time chauffeuring them to and from their various activities. Some fun facts include: her favorite foods are peanut butter and anything sweet. Eileen also loves shopping, family time and vacationing in Destin, FL. You can count on her for practical ideas to make good nutrition easier. Whether it's balancing your meals, lowering your blood pressure or losing weight Eileen is the one to see!

Our dietitian is now accepting new patients on a cash pay basis and patients with BCBSIL and Medicare.



[www.goodliferehab.com](http://www.goodliferehab.com)