



**Physical Therapy & Wellness**

*The Newsletter About Caring for Your Health*



**DON'T LET MOBILITY  
LIMITATIONS HOLD  
YOU BACK**

**ALSO INSIDE:**

Maintain Your Sense Of Independence With G3 • Healthy Recipe  
Spotlight On: Vestibular Rehabilitation • Fall Fun & Games!



## **DON'T LET MOBILITY LIMITATIONS HOLD YOU BACK**

Mobility limitations increase as we age and our bodies change in different ways. Some of us may lose muscle mass and strength. Others may experience joint aches and pains or balance and gait problems.

Living with these kinds of physical restrictions can cause an individual to feel as if they're losing their sense of independence, which can also take a toll on their mental and emotional health as well.

If you're experiencing an issue with your mobility, or have noticed that many things are difficult for you to do on your own, know that there is help available.

At G3 our physical therapists are dedicated to helping you maintain as much independence as possible through our customized treatment plans.

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain, discomfort or movement restrictions.

### **HOW G3 CAN HELP YOU MAINTAIN YOUR INDEPENDENCE**

We understand that many of our patients live with

mobility and strength deficits, and want to lessen the load as much as possible when it comes to searching for specialists to treat different limitations. We also acknowledge the importance of maintaining as much independence as possible regardless of your age or condition.

The purpose of therapy at G3 is to help relieve your pain and reach your peak level of physical health. Perhaps you are still suffering from the lingering pain of an injury.

You might be recovering from a surgery and trying to get your range of motion back. Maybe your joints simply aren't what they used to be, and you are looking for relief.

Our skilled team of therapists provides one-on-one treatment for each of our patients and will work with you to improve your strength, muscle tone, balancing abilities, gait, range of motion, and more through several different treatment techniques.

Call G3 Physical Therapy & Wellness at **760.452.2640** or visit **g3.life** to schedule your appointment today!

# Maintain Your Sense Of Independence With G3



• **Stretching exercises:** Did you know that injured muscles and connective tissues are capable of healing and returning to their previous length and range of motion? It's possible with the help of stretching exercises. These exercises are also excellent for preventing arthritic joints from becoming more stiff over time. Workouts and on a bicycle or treadmill may be suggestions our physical therapists propose to you.

## WORRIED ABOUT MAINTAINING YOUR SENSE OF INDEPENDENCE?

No matter what your day to day activities may be, you deserve to enjoy them feeling safe, stable, and secure in your abilities. Let the skilled team at G3 assess your condition and physical goals, so that we can provide you with the best care possible using the most successful treatment techniques available.

Call our clinic today to schedule your appointment, and rest assured that your independence and wellbeing are our top priority!

***At G3 Physical Therapy & Wellness, we're ready to get you back to living your best life! Call us at 760.452.2640 or visit [g3.life](http://g3.life) to book your appointment today!***

## FALL FUN & GAMES!



- |           |              |              |           |
|-----------|--------------|--------------|-----------|
| TURKEY    | HARVEST      | COLORFUL     | HAYRIDE   |
| SCARECROW | THANKSGIVING | NOVEMBER     | HALLOWEEN |
| GOURDS    | AUTUMN       | ACORNS       | PUMPKINS  |
| APPLES    | SCENERY      | FALL FOLIAGE | NIPPY     |
| FROST     | COOL NIGHTS  | JACKETS      | SWEATERS  |
| BOOTS     | TREES        | LEAVES       | BROWNS    |
| FALL      |              |              |           |



# Spotlight On: Vestibular Rehabilitation

One of the most common concerns in patients with dizziness and vertigo who complete a vestibular rehabilitation program is, "Will my results last?"

Research suggests that, with the proper post-therapy exercise, patients who successfully complete vestibular rehab will maintain their positive results long after leaving a physical therapist's office.

## WHAT HAPPENS NEXT?

The aim of vestibular rehab is to improve function and balance while reducing dizziness. This is especially important in older patients who already bear a higher risk of falls as a result of age-related neuropathy, vestibular dysfunction and a host of other conditions. As a result, those who have experienced a positive outcome as a result of vestibular rehab are often reluctant to leave the care of clinicians. To assuage this anxiety and extend the outcome of rehab, physical therapists will often prescribe a home-based exercise program that reinforces therapeutic processes.

## THE MODE DOESN'T MATTER

In a study published in *Rehabilitation Research and Practice*, elderly patients who completed vestibular rehabilitation were randomly assigned a print-based exercise program or a computer-based exercise program to determine which mode helped patients preserve function, reduced dizziness

and improved the patient's quality of life. Patient compliance was equivalent in both modes and patients achieved no noticeable differences in outcomes. What researchers did observe was that an at-home exercise program is vital to the patient's quality of life three months after being discharged from the hospital or other therapeutic setting.

## PATIENT OUTCOMES DON'T IMPROVE ON THEIR OWN

Bottom line, patients who are experiencing dizziness and vertigo will not experience improvement without intervention. This is especially true in elderly patients whose functional outcomes are vital to their quality of life. Vestibular rehabilitation as performed by a physical therapist is the most effective way of providing these outcomes and a home-based exercise program upon release from physical therapy is the best way to maintain them over time.

Now is the time to consider physical therapy for elderly patients who are experiencing vertigo and dizziness. Not only will vestibular rehabilitation in particular improve their balance and gait, it will provide them with lasting results that will impact their quality of life long-term.



PHYSICAL THERAPY  
WELLNESS CENTER  
PELVIC HEALTH

## Healthy Recipe *Farro Salad with Herbed Balsamic Vinaigrette*



### INGREDIENTS

- 1 cup pearly emmer wheat farro\*
- 5 ounces baby spinach leaves
- 1 medium avocado, diced
- 1 cup cherry tomatoes, halved
- 1/2 cup quartered artichoke hearts
- 1/4 cup olive oil
- 1/4 cup water
- 2 tablespoons maple syrup
- 2 garlic cloves, minced
- 1/4 cup fresh parsley
- 1/4 cup chopped chives
- 2 tablespoons fresh thyme leaves
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon black pepper, or to taste

### FOR THE DRESSING

- 1/4 cup balsamic vinegar

### INSTRUCTIONS

Bring a large pot of salted water to a boil. Add the farro and allow it to cook at a rolling boil. While the farro cooks, make the dressing. Place all ingredients into a blender and blend until smooth. Taste-test and add more salt or adjust any seasonings to your liking. After the farro has boiled for about 15 minutes, remove a couple grains and test them for doneness. The farro should be tender with a bit of chewiness when done, but cook it until it's as firm or soft as you like. The cook time should be in the range of 15 to 20 minutes. When the farro is done cooking, drain it into a strainer. Let the farro sit in the strainer for a few minutes to cool. Place the cooked farro into a large mixing bowl, along with the spinach, avocado, cherry tomatoes, and artichoke hearts. Drizzle the dressing over the salad (use as much as you like) and toss to coat. Season the salad with salt and pepper to taste. Divide onto plates and serve.