



Wendy Webb Schoenewald PT, OCS *University of Delaware*

Balancing Stick

I consider myself a yogi which is a person who has practiced yoga with intention. I practice yoga because it calms my mind, strengthens my muscles, and definitely works on my balance.

As we age, we need to work on our balance. There are certain tasks that are easy to work on every day such as practicing single leg balancing.

My favorite balance pose to use with my patients is called **balancing stick**.

Shift your weight to your right foot and grip the floor with your toes; this is called **grounding**. It helps all the leg muscles engage. Stare at a point in front of you, or in yoga it's called a Drishti, to help stabilize.

Lift your left foot, point your toe forward at about a 30° angle from your hip and hold this position for 10 seconds, gripping the floor.

Then step forward onto your left foot, grounding with the floor. Lift your right foot backward at about the same 30° angle and lean forward, staring at your Drishti. Hold this position for 10 seconds, tighten your core, grip the floor, and begin to raise your arms forward.

Repeat starting with your left foot first. Work up to 30 seconds. After that, you can progress to leaning forward with your body. It works all your muscles while you are holding balance. Try it!



“I recently was treated by Wendy at WWS Physical Therapy for two Herniated Disks. After two months of treatment pain was gone!. I just want to thank Wendy and the entire staff for being so professional, caring, and friendly. I highly recommend WWS Physical Therapy.” - AK

Kelsey Hanlon PT, DPT *Doctorate of Physical Therapy from Arcadia University*

One of my favorite exercises to give patients (and family members!) is the “sit to stand.” I like this exercise because it is very functional, strengthens all of your leg muscles, and can also be a cardiovascular exercise. All you have to do is stand up and sit down with control, ideally without pushing with your hands on the arm of the chair and without pushing with your legs on the back of the chair. If this is too much of a challenge, begin with a few repetitions, using your hands, from a higher, firm surface. To progress, you can decrease the use of your hands, lower your seat height, use a softer surface (such as a couch), and increase your repetitions until your legs feel tired. These exercises can be done during commercial breaks, in between clients at the office, or any other time you find yourself sitting for a long period of time.



Jenna McLane PT, DPT

Doctorate of Physical Therapy from Thomas Jefferson University

Did you know that having osteoporosis or osteopenia predisposes you to a higher risk of benign paroxysmal positional vertigo (BPPV)? The otoconia, which, when displaced, cause BPPV, are made mostly of calcite crystals that require calcium to maintain their shape and volume. If you suffer from recurrent vertigo, you may want to talk with your healthcare provider about your Vitamin D levels and bone health. One randomized controlled trial found that individuals with low serum Vitamin D levels experienced recurrent BPPV at higher rates than those with normal values. The individuals who took 400 IU of Vitamin D and 500 mg Calcium Carbonate two times a day for a year experienced lower rates of recurrence than controls.



Amanda Nguyen PT, DPT *Doctorate of Physical Therapy from Temple University*

People often underestimate the power of a good night's rest. Sleep is important for healing, memory, immune function, and pain. Lack of sleep can cause increased pain perception which can lead to decreased mobility, quality of life, depression, and anxiety. Lack of sleep can also impair memory, concentration, and learning. If you're not sharp and alert, it increases the likelihood of injuries. Thirty minutes of exercise every day is associated with reduced drowsiness and improved concentration during the day, which will improve your sleep. Other healthy sleep habits include maintaining a sleep schedule and going to bed at the same time every day; avoiding screens an hour before bed; and keeping the bedroom dark, quiet, and comfortable for optimal relaxation!

Gregory R. Synnestvedt PT, DPT

Doctorate of Physical Therapy from Arcadia University

Two things I frequently recommend to my patients are better hydration and taking a daily walk. Both are relatively simple things and can have significant positive effects and health benefits.

Dehydration can contribute to dizziness, lightheadedness, dry skin, and constipation and can even trigger migraines. Yes, if you drink more water, you will have to pee more, but this is healthy too since your kidneys need water in order to filter out waste products. What you are drinking matters: water is best! Coffee and tea are diuretics and so will in effect pull out more water from you. Taking at least one walk a day, especially a brisk walk, is great for physical and mental health. Remember: "motion is lotion" and "sitting is the new smoking." I have seen walking help everything from low back pain to dizziness and poor balance. Try asking a friend or family member to join you!



Cassandra Newnam PT, DPT

Doctorate of Physical Therapy from Widener University

Walk BIG. We should all be thinking about healthier aging so we can enjoy retirement with family and good health. Often getting older means stiff joints of osteoarthritis which can lead to shorter steps. This gait becomes our pattern of walking, which slows our pace and worsens balance issues. These changes can make walking more inefficient and put people at greater risk of falls.

Physical therapy can be beneficial in helping to re-educate the body and teach the patient how to walk more efficiently and take larger amplitude steps. Cues to land on the heel and push off with the toes and buttocks can help a patient walk at a faster pace. I often tell patients to walk like they mean it: emphasize heel strike, take long steps, and swing the arms.

Focusing on these cues can help to re-educate and re-calibrate your brain. Consistent practice with these cues and focus on big stepping strategies can help turn these practices into a habit. Habitually larger amplitude steps when you go for your daily walk can enhance your goal of a healthier lifestyle and lower the risk of injury.

"Thank you doesn't seem like enough! I cannot thank you enough for your care, kindness, concern, and patience in helping me recover from my Lumbar surgery. I saw first hand how you all Treat every one of your patients with dignity and respect. You are truly Gifted!" Peace and blessings, MC



Physical Therapy & Vestibular Rehabilitation

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