

# Newsletter

*Bristow is now offering dry needling! Call 571.832.2342 to get started.*



## We Can Reduce Your Risk of a Fall-Related Injury

**HAYMARKET**  
PHYSICAL THERAPY, LLC  
*Results you can feel, from a team you can trust.*

**Bealeton:** 540.952.0138

**Bristow:** 571.832.2342

**Gainesville:** 703.570.1633

**HAYMARKETPT.COM**

# Newsletter



## Reduce Your Risk of a Fall-Related Injury

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time? Have you suffered from a fall in the past? Are you worried that you may be at risk of falling? At Haymarket Physical Therapy, our team will address your concerns and help you regain your confidence!

In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about working on their balance until it is too late. The good news is that you can easily prevent most falls with guidance from a physical therapist.

Falls are a significant concern for seniors, and even without an injury, a fall can cause a loss of confidence and reduce a person's ability to carry on with daily activities. If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately to avoid additional injuries in the future.

Our team will give you the tools to recover from a recent fall or avoid additional injuries in the future. Call Haymarket Physical Therapy today for an appointment, and let us help you get stronger and more confident so you can do the things you enjoy!

### ARE YOU AT RISK OF FALLING?

Some people have a higher risk of falling than others, and a combination of factors causes most falls. The more risk factors a person has, the greater their chances of falling. The most common risk factors include:

- Advanced age
- Dizziness or vertigo ("spinning" sensations, even when remaining still)
- Vision problems
- Impaired balance and gait control (whether age-related or due to illness)
- Muscle weakness and reduced physical fitness due to a sedentary lifestyle
- Neurological disorders (i.e., Parkinson's disease and Alzheimer's)
- Cardiovascular disease (i.e., heart attack, stroke, PAD)
- Cognitive impairments
- Depression
- Acute and chronic illnesses
- Previous history of falls

Your physical therapist will assess your medical history to determine how many risk factors toward falling you may have. They will educate you on what these factors mean, as well as steps you can take to decrease your risk.

## Our Mission

*To provide an atmosphere of healing, trust, and empowerment to achieve optimal health and wellness, while generating results that you can feel.*

## Our Services

- Physical Therapy
- Dry Needling
- Laser Therapy
- Pre & Post-Op Rehabilitation
- Sports Rehabilitation
- Vestibular Rehabilitation

## Contact Us

*We are here for you. Give us a call today to start your healing journey.*

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# Physical Therapy Can Keep You On Your Feet

Our physical therapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation and a mobility, strength, and balance assessment to identify all the factors contributing to the injury. This will consist of a thorough history to understand more about the demands on the body, how many risk factors you may have, and your overall health status.

In addition, we will include a review of your fall history and fear of falling, as well as identify any home hazards/environmental factors that may contribute to your fall risk. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques for the individual.

## WHAT TO EXPECT IN PHYSICAL THERAPY

The good news is that you can prevent most falls. The key is to get guidance from your therapist, who will teach you the correct exercises to improve your balance. Our recommendations aim to reduce your risk of falling, but they will also aid you in improving coordination, strength, flexibility, and overall movement.

### Some common aspects of treatment include:

- Pain management. Your physical therapist will work with you on relieving pain first before continuing any other forms of physical activity.
- Balance training. Balance is a large part of fall prevention, as lack of stability is one of the main reasons falls occur. Your physical therapist will design a balance training plan for you as part of your treatment.



- Strength training. Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement.

Your physical therapist will then incorporate task-specific treatments with a safe and effective progression to assist you in a safe return to daily activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

## CALL OUR CLINIC FOR HELP TODAY

Exercise is one of the most effective treatment methods for patients with an increased risk of falling. Our team will help guide you through the steps you need to regain your confidence and reclaim your life. Contact Haymarket Physical Therapy to schedule a consultation and get started today!

Sources: <https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html> · <https://www.bmj.com/content/347/bmj.f6234> · <https://bmjgeriatr.biomedcentral.com/articles/10.1186/s12877-019-1359-9> · <https://jbnpa.biomedcentral.com/articles/10.1186/s12966-020-01041-3>

## Try This Tasty Chocolate Chip Pumpkin Bread

### INGREDIENTS:

- 1 1/4 cup blanched almond flour
- 1/4 cup tapioca or arrowroot flour
- 2 tbsp coconut flour
- 1 tsp baking soda
- 3/4 tsp unrefined salt
- 1 1/2 tsp cinnamon powder
- 1/2 tsp ginger powder
- 1/4 tsp nutmeg powder
- 3 eggs
- 1/4 cup coconut oil
- 1 cup pumpkin puree (fresh or canned)
- 1 tsp vanilla extract
- 1/3 cup coconut sugar
- 1/2 cup chocolate chips

**INSTRUCTIONS:** Preheat oven to 350° F. Grease a 9 inch loaf pan or line with parchment paper. In a large bowl, combine dry ingredients. In another bowl, whisk together wet ingredients. Pour wet into dry. Mix until well incorporated. Fold in chocolate chips and pour into prepared loaf pan. Scatter extra chips on top. Bake for 50-55 minutes, until top is golden, the center is set, and a toothpick inserted in the center comes out clean. Allow bread to cool in pan for about 15 minutes before turning out on a wire rack to cool completely before slicing and serving.

*Courtesy: [savorylotus.com/pumpkin-chocolate-chip-bread-gluten-free](https://savorylotus.com/pumpkin-chocolate-chip-bread-gluten-free)*



# Tips to Prevent Holiday Stress



Do you find yourself stressed out around the holidays, anxiously running through a seamlessly endless list of tasks? The holidays should be a time of celebration, not a source of stress. If you need some extra assistance this season, check out our list below of 5 ways to prevent holiday stress.

## 1. START PLANNING EARLY

Plan your holiday now, don't wait until the last minute! Decide where the festivities will be held early so you know whether you're hosting or traveling this winter. This will avoid any last-minute stress and allow you to enjoy the holidays more.

## 2. MAKE A BUDGET

Make sure you know how much money you have to spend on presents, food, or decorations. If your gift budget is on the lower side, think about making gifts for your friends and loved ones. A thoughtful and homemade gift is sure to make anyone happy.

## 3. BUY GIFTS IN ADVANCE

There's nothing more stressful than attempting to head to the mall on Christmas eve or anxiously waiting for a package to arrive at the last minute. Avoid this unnecessary stress by getting a jump start on gift-giving this year.

## 4. GET A PLANNER OR CALENDAR

Use this to organize your activities and ensure that everything is taken care of. Making a list of gifts for your friends and family members is a reliable way to ensure that no one gets forgotten.

## 5. KEEP A CALM HEAD

Remember, this is supposed to be fun! If things start getting stressful, take a break from it all and come back when you're feeling better. Deep breathing exercises and mindfulness activities can help you to cool down in a pinch.



## Staff Spotlight Samantha Duda

Samantha is a graduate of Shenandoah University where she obtained her BS in Kinesiology. Sam then got her Physical Therapy Assistant degree at Blue Ridge Community and Technical College in 2013. Samantha began working at Haymarket Physical Therapy and Chiropractic in the fall of 2013 and stayed on board with the transition to Haymarket Physical Therapy, LLC in 2015. Samantha enjoys working at HPT because of the family atmosphere and amazing patients.

Outside of work Sam enjoys working out, cheering on her husband's high school football team and keeping up with her two boys; Jacob and Logan. Her favorite quote is:

*"Enjoy the little things in life because one day you will look back and realize they were the big things"*  
— Kurt Vonnegut

## Patient Success

"The team at Haymarket Physical Therapy Bristow is AMAZING!! The front desk staff are always so helpful and cheerful! They do an outstanding job of coordinating schedules and reminders for us. The therapist team is equally outstanding! They are knowledgeable and committed to helping you on your healing journey. **The environment feels more like a fun gym rather than a stuffy doctor's office.** We love the music and laughter that echo through the space. If you're looking for a convenient location with a great, relaxing, and fun atmosphere while focusing on your healing and recovery, this is your place!"

— E.B.

## We can Help You

- Regain range of motion, strength, and mobility
- Lessen your need for pain medications
- Return faster to an active, independent life
- Live longer — and better