

SPRING, SPRING, it's finally here!!! The staff at Penn-Trafford Physical Therapy needs a seasonal change, how about you? After a long winter of snow, sleet, MORE snow it's nice to see sunshine coming your way. Speaking of sunshine, Mike recently traveled to the sunshine state of Florida to attend a conference at the American Institute of Balance. The conference was on the evaluation and rehabilitation of vestibular disorders. We hope you enjoy our article on Vestibular Therapy.

This issue contains:

- *Welcome Spring!
- *Vestibular Therapy
- *Brain Teaser Contest
- *Referral Winner



We offer Bio-Freeze at Penn-Trafford Physical Therapy. We have 3 oz. roll-ons and 4 oz. tubes. Please be sure to stop in and see us if you need some.

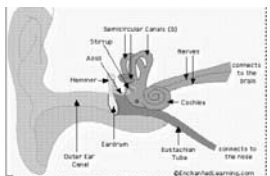
Hope you enjoy the newsletter and if you have any suggestions for future topics call us at 724-744-7200.

Don't forget to visit our website at: www.ptpti.com. If you have any comments or suggestions please feel free to call us at 724-744-7200



PENN - TRAFFORD PHYSICAL THERAPY, INC.

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Vestibular Therapy

Last month Mike traveled to Clearwater, Florida to attend a seminar on Vestibular Therapy. The vestibular system is the balance system in your inner ear.

When this system is not functioning properly you may experience the following:

- Dizziness
- Tinnitus (noise in ears)
- Dysequilibrium
- Balance problems
- Vertigo
- Sense of being "off" or "off balance"
- Light headed
- Wooziness
- Fatigue

An estimated 90 million Americans (42% of the current population) experience some of the above problems at least once in their lifetime. The seminar that Mike attended covered extensively ways to help a patient with vestibular problems. Vestibular Rehabilitation Therapy (VRT) is a form of physical therapy that uses specialized exercises. Most VRT exercises involve head movement to stimulate and retrain the vestibular system.

By improving vestibular function, VRT aims to do the following:

- Improve balance
- Minimize falls
- Decrease subjective sensations of dizziness
- Improve stability during movement
- Reduce over dependency on visual and somatosensory inputs
- Improve neuromuscular coordination
- Decrease anxiety due to vestibular disorientation

Why is it important to do Vestibular Therapy?

- If you have a problem with any of the systems of balance, you are at risk for losing your balance and falling. Vestibular therapy will help improve your balance.
- Your symptoms of dizziness more than likely will not resolve themselves without help. Vestibular Therapy will help eliminate your dizziness.
- The physical therapist will teach you techniques to keep you doing the things that are important to you in your life.

**These symptoms DO NOT have to slow you down!
Call before a fall! 724-744-7200**

Brain Teaser Contest

This issues brainteaser is challenging, make sure you really think this one through...

Some months have 31 days-how many have 28?

The first 25 callers who solve and call with the answer will have their names entered into a drawing for a gift card. **Call 724-744-7200 with your answer.**

We had 14 callers correctly solve the last brainteaser. The winner of the brainteaser contest was **Imogene Psica**. Congratulations **Imogene** and to all who correctly solved the brainteaser.

Last newsletters brain teaser: **Can you decipher this common Christmas Carol? A non-summer fairytale area Solution: Winter Wonderland**

REFERRAL APPRECIATION

Penn-Trafford Physical Therapy Inc., would like to thank those patients who recommended us to their family and friends. Their names will be entered into a drawing for a gift certificate. So if you recommend us to others, you too can have your name entered into a drawing for a gift card.

Wayne Flohr will receive a gift certificate for being selected from our last referral appreciation drawing. Thank you!



Check out our Facebook page and give us a look!