

Volume 7-issue 2 | 2017

# HealthyWorks

MAGAZINE

*"Work, Play, Live Healthy"*

## THE HAPPY SNACK

**5** STEPS  
TO BUILD A  
STRONGER  
CORE ...

reduce fall risk  
with **BALANCE  
TRAINING**

THE **YOU JUST**  
BENEFITS OF EXERCISE **CAN'T IGNORE!**

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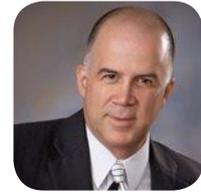
info@healthyworksmagazine.com

...That's how  
Healthy Works

## PUBLISHING Team



**Christina Melancon Leidenheimer**  
Editor-in-Chief  
Certified Nutrition Coach  
Certified Personal Trainer  
Functional Training Specialist



**Richard W. Bunch, PhD, PT**  
Co-owner, ISR Physical Therapy  
CEO, ISR Institute  
Physical Therapist



**Trevor D. Bardarson, PT, OCS**  
Co-owner, ISR Physical Therapy  
Physical Therapist  
Orthopedic Physical Therapy Specialist



**Marc Cavallino, PT, OCS**  
Co-owner, ISR Physical Therapy  
Physical Therapist  
Orthopedic Physical Therapy Specialist

## & ISR PHYSICAL THERAPY & WORKSAVER SYSTEMS<sup>SM</sup>

*forging the path to better health!*

ISR Physical Therapy is known all over south Louisiana for their excellent success rate, objective testing and high patient satisfaction. ISR's team is made up of former competitive hockey player, Trevor Bardarson, avid triathlon competitor, Marc Cavallino, and renown Health & Wellness speaker, Dr. Richard Bunch. This dynamic team proves that health and wellness is not only their occupation, but their lifestyle.

In addition to getting patients pain-free and back to their normal lifestyles, ISR currently maintains a very successful return to work rate. On average, discharged patients happily report a 95% pain improvement rate.

Dr. Richard Bunch, ISR's founder, is also the founder and CEO of WorkSaver<sup>SM</sup>

Systems, a proven, highly effective ADA and EEOC-compliant functional testing system for defensive hiring and return to work cases. It has been used successfully nation-wide since 1993 by small and large companies alike. Clients have experienced an upwards of 68% reduction of on-the-job injuries after using the WorkSaver<sup>SM</sup> process with return on investments (ROI) in this program independently verified as high as 18:1.

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**HOUMA WEST**  
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**HOUMA EAST**  
985-346-0383

**NEW ORLEANS**  
504-733-2111

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## It's the Best Thing You Can Do!



***Once I complete a workout, I just can't help but smile."***

*Have you fallen out of your exercise routine? If you have, right now is the perfect time to get back into a steady workout program—the weather is beautiful! I personally love exercise because it makes me feel fantastic. Once I complete a workout, I just can't help but smile. I can say the same about my clients. If they walk in a little unmotivated, they always leave smiling. Typically, I feel better for the entire day after a workout. I have more energy, an increased sense of motivation, and a more positive outlook. All of this keeps me going back for more.*

*If you've been sedentary, your body has probably gotten used to feeling sluggish, both on an emotional and physical level. But that can easily be reversed. Imagine all the benefits you'll gain, and just get moving. Exercise is one of the best things you can do for your body. I could go on and on, but you'll find more encouragement on this topic in this issue's cover story on page 8. I hope that after reading this issue, you will be motivated to get into a consistent exercise routine. Stay with it long enough for it to become second nature. When exercise becomes a regular part of your life, you will have a stronger, healthier mind and body.*

*We would love to hear how exercise has changed your life. You can reach us at [info@healthyworksmagazine.com](mailto:info@healthyworksmagazine.com)*



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# Gluten-free Falafel

By Tabitha Davis

## INGREDIENTS

- 2 cups green collard leaves or kale leaves
- 1 cup cilantro
- 1 can chickpeas (drained)
- 2 gloves garlic
- salt & pepper to taste
- 1 tsp Cumin
- 1 tsp Coriander
- 1/4 tsp Cayenne
- juice from 1/2 lime
- 2 tablespoons chickpea flour or gluten-free cornmeal
- 1 tablespoon vegetable oil

## INSTRUCTIONS

1. Wash the green leaves (collard or kale plus cilantro) and remove the stems. Add leaves to a food processor and pulse on high until fine.
2. To this add the chickpeas along with the garlic and pulse for a few seconds.
3. Transfer the mixture into a large bowl. Add the salt, pepper, cumin, coriander, cayenne, and lime juice. Mix well.
4. Add the chickpea flour or gluten-free cornmeal to the mixture. Mix well. Form little balls, then press down to form a patty.
5. Heat a large pan with vegetable oil (the bottom should be coated). Once the oil is heated, add the Falafel patty. Let it pan-fry (on medium to high heat) for about 7 minutes on each side. They should be crispy on the outside and soft inside.





# THE HAPPY SNACK

If the glorious sunflower arrayed in all its beauty brings a smile to your face, just wait until you see what sunflower seeds can do for your disposition!

Sunflower seeds with all their brain-supporting, mood-enhancing minerals could be deemed the happy snack. Their nutritional profile makes them the near perfect mood and brain food! For example, healthy sources of good fats like those found in sunflower seeds act as carriers for fat soluble vitamins like E, A, D, and K. These fats play a crucial role in balancing hormones, too. When unbalanced, you can feel sad, depressed, or overly anxious. Nourishing your body with good fats is a great way to support emotional health. To some degree, nearly 30% of Americans lack sufficient amounts of vitamin E. The brain is made up of fatty compounds susceptible to oxidative stress (free radical damage). Vitamin E is a fat-soluble antioxidant that protects the brain. Studies show it is a brain defender, acting to delay nerve-cell degeneration. It is even said to slow cognitive decline as the brain ages. Simply put, sunflower seeds may help keep the brain youthful.

In some instances, emotional issues may be linked

to a weakened nervous system. Sunflower seeds are rich in folate, a vital mineral that helps support proper nerve function. Those lacking folate report increased irritability, mental fatigue, depression, and even insomnia. Eaten on a regular basis, sunflower seeds may help reduce these unpleasant symptoms.

We cannot speak of emotional health and healthy brains without celebrating the wonders of the B vitamins. Sunflower seeds contain B5 (pantothenic acid). B5 helps synthesize fat, regulates hormones, supports energy metabolism, and maintains proper brain function. Most seeds—but especially sunflower seeds—are a great source of these important vitamins.

With more and more Americans dealing with less than optimal brain functioning and emotional issues, better nutrition is increasingly important. These tiny seeds help fill big dietary holes with the vitamins noted above and mega minerals like thiamine, phosphorus, and selenium, all of which have an affinity for the nervous system. The next time you are anxious, moody, or unable to focus or sleep, try adding sunflower seeds to your daily diet; your brain will thank you!

serving size 1/2 cup

# SUNFLOWER SEEDS

## NUTRITION FACTS

PRINCIPLE	NUTRIENT VALUE	PERCENT OF RDA
CALORIES	269 K cal	13%
CARBOHYDRATES	9.2 g	3%
PROTIEN	9.6 g	19%
TOTAL FAT	23.7 g	36%
CHOLESTEROL	0 mg	0%
DIETARY FIBER	4.0 g	16%
SUGARS	1.2 g	
SODIUM	4.1 MG	0%
POTASSIUM	297 MG	8%

MINERALS		
COPPER	0.8 MG	41%
IRON	2.4 MG	13%
MAGNESIUM	150 MG	37%
PHOSPHORUS	304 MG	30%
SELENIUM	24.4 MCG	35%
ZINC	2.3 MG	15%
MANGANESE	0.9 MG	45%
POTASSIUM	297 MG	8%

VITAMINS					
PANTOTHENIC ACID	0.5 MG	5%	VITAMIN E	15.3 MG	76%
RIBOFLAVIN	0.2 MG	10%	THIAMIN	0.7 MG	45%
NIACIN	3.8 MG	19%	FOLATE	104 MG	26%
VITAMIN B6	0.6 MG	31%			

### KEY SUNFLOWER SEED NUTRIENTS

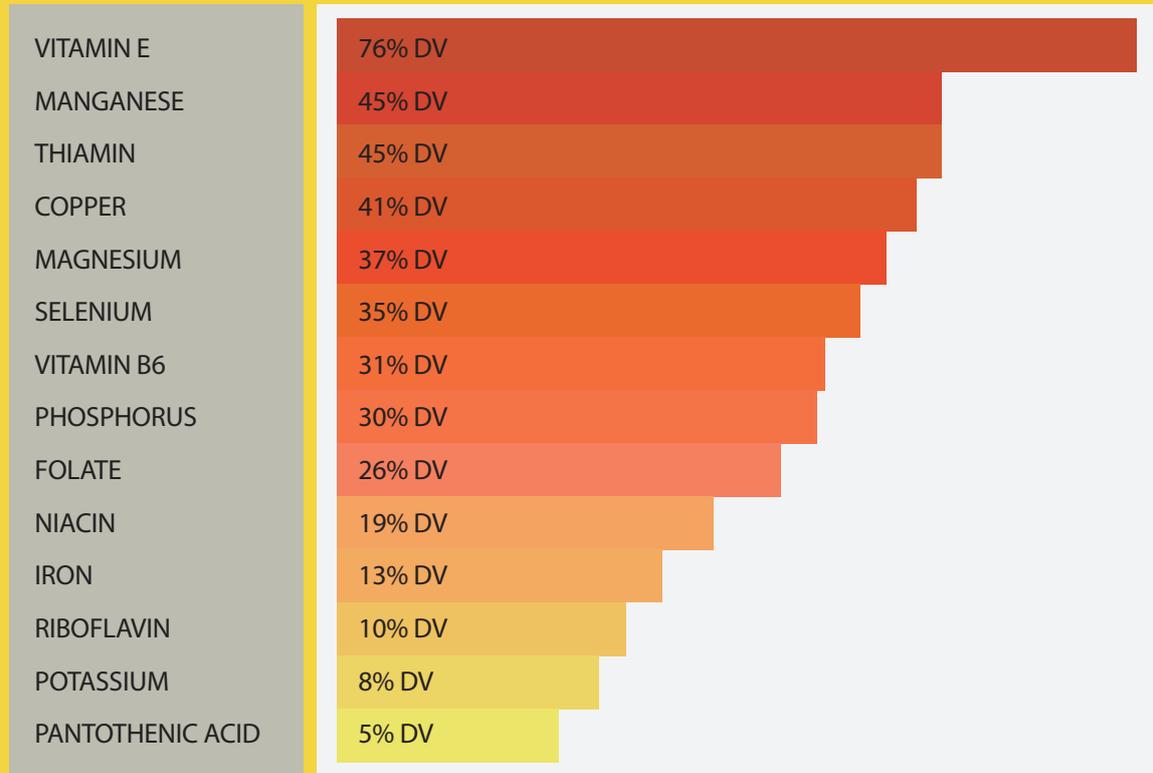


Chart information from nutritiondata.self.com



# THE BENEFITS OF EXERCISE

# YOU JUST CAN'T IGNORE!

LACKING COMMITTED MOTIVATION, MANY BEGIN AN EXERCISE PROGRAM ONLY WHEN THEY DESPERATELY WANT TO ALTER THEIR PHYSIQUES. SADLY, THIS ATTEMPT IS OFTEN SHORT-LIVED.

CONSIDERING THE MANY MENTAL AND PHYSICAL BENEFITS OF EXERCISE MAY GIVE YOU A RENEWED SENSE OF ENTHUSIASM.

**E**xperts agree the general recommendation for adults is 150 minutes of moderate-intensity aerobic exercise per week. This includes activities like brisk walking, light jogging, and cycling. Additionally, it is recommended that you participate in some type of muscle strengthening activity at least two days per week. If you do not measure up to these recommendations, you are not alone. According to the Centers for Disease Control (CDC), nearly 80 percent of adult Americans do not get the recommended amounts of exercise each week. Considering the repercussions of physical inactivity, this is a daunting statistic. The CDC goes on to report physical inactivity can lead to obesity and Type 2 diabetes. On the other hand, regular exercise can help control weight and reduce the risk for developing heart disease and many types of cancers while providing mental health benefits.

The physical benefits of exercise are astonishing! It is no wonder doctors often recommend exercise to their patients. It can do much to improve your current health status and help you overcome existing health problems. Many have put this to the test and improved their blood pressure and insulin levels so much that, under their doctor's direction, they no longer depend on medication.

Although many stick to a walking program and experience the benefits, they neglect resistance training (weight-bearing exercise), which offers its own unique benefits. Resistance training helps strengthen and tone muscles while building denser bone tissue. This can help counteract the loss of strength that comes with aging and reduce the risk of serious conditions like osteoporosis. Regular exercise will also help improve stamina and endurance and increase metabolism. Building lean muscle mass burns more calories than does fatty tissue. The more lean muscle you have, the more calories you will burn each day. A resistance training session

is known as anaerobic exercise (meaning without oxygen). This type of exercise causes the body to continue burning calories throughout the day, whereas an aerobic exercise (like walking) will only burn calories during the time you do it. Do not underestimate the importance of anaerobic (strength training) activities. The mental and physical benefits will elevate your health as never before.

Exercise does not have to be a rigid, cookie-cutter task. It can be very versatile. In fact, your exercise routine should be goal-oriented and specific to your needs. For example, you may want to lose weight, gain muscle, improve balance and coordination, train for a grueling hike, improve overall muscle tone, run faster, or jump higher. With consistent and appropriate training, you can meet your goals. Overall, being physically fit means you can match the various physical demands placed upon you in your daily life and at the gym. That can be a wonderful feeling!

Another unique benefit of exercise is it helps move the lymphatic system. You can think of the lymphatic system as the body's sewer system. It processes cellular waste and toxins. The lymphatic system does not have a pump as the heart does. It must be stimulated through exercise and/or massage therapy. A healthy flowing lymphatic system will move toxins along, so they can be flushed out. This process will help keep your immune system functioning properly. Thus, it can be said, exercise strengthens immunity. Physical activity will help the blood flow properly, improving overall circulation through your body's systems and organs. Simply put, it keeps things moving along smoothly.

Without a doubt, the physical benefits of regular exercise are far-reaching, but the mental health benefits are even more surpassing. The National Institute of Mental Health (NIMH) cites that 40 million adults between the ages of 18 and 54 deal with some degree of anxiety. With anxiety affecting so many lives, many are looking for effective ways to cope with it and other mental health issues like stress and depression. Acting as a powerful antidote, exercise can do much to help. Aerobic exercises, including jogging, swimming, cycling, walking, gardening, and dancing have been proven to reduce anxiety and depression.<sup>1</sup>

Other mental health benefits may include improved self-esteem and increased self-satisfaction after completing a workout. Further studies have shown that aerobic exercise can create new brain cells. This process is known as neurogenesis. Exercise can delay cognitive decline and memory loss by strengthening the hippocampus, the part of the brain responsible for memory and learning. And there are even more brain-boosting benefits! Exercise stimulates mental energy, even enhancing creativity. Dr. Shawna Charles from Walden University says exercise can even help you sleep better. This is because physical activity increases

the body's temperature, which can relax the mind, leading to a more peaceful night's sleep.

Additionally, exercise increases a feeling of euphoria. This "happy buzz" comes from endorphins released during strenuous activity. The word endorphin is a combination of the words endogenous and morphine. Endorphins are chemicals produced by the pituitary gland (a small endocrine gland in the brain). They help reduce pain and increase feelings of pleasure, thus producing a morphine-like effect. If you are feeling down, achy, and in pain, try moving your body. In as little as thirty minutes, you could be feeling happier and having less pain overall.

The evidence is clear. Exercise offers so many exceptional benefits for both your physical and mental health. Really there is no excuse for not reaping the rewards that exercise has to offer.

### **"She said she couldn't, but she really could."**

*Healthy Works interviewed Lydia Landry, a truly inspiring 63-year old elementary school principal turned avid runner. Lydia went from barely being able to run a tenth of a mile to running her first half marathon—The New Orleans Rock-n-Roll Half Marathon, on February 5th, 2017. Lydia's goal was to run every step of that 13.1 miles (no walking and no stopping), and she did just that!*

*When asked about her amazing lifestyle transformation, here is what she had to say:*

**HW: What benefits have you received from living an active lifestyle?**

*Lydia: At age 63, I feel better than I have in years. Running and making changes to my diet by eating more plant-based, whole foods have given me loads of energy—you can't even imagine. As a bonus, I've lost over 50 pounds. But the ultimate goal I achieved was being free from all the medications I was once on.*

**HW: What advice do you have for others who are aren't living actively?**

*Lydia: Well, I always say, if I can do this, anyone can. It's the simplest, most beneficial life change I've ever made. Trust me, I said I couldn't, but I really could! You can be active too.*

*Personally, the biggest help on my journey has been surrounding myself with a support group. My husband helps with my meals. My son-in-law gave me the gift of inspiration, and my daughter gave me the gift of encouragement as my trainer. They truly helped change my life!*

*My greatest advice to you is to find a support system too. Find someone who can get up every morning to meet you and just start your day moving. The benefits of a morning workout will make your daily productivity skyrocket. You really can change your life. I did, and so can you!*





# UPGRADE YOUR RECYCLING HABITS

**R**ecycling gives new life to old products by turning them into new ones. By using recycled materials in their products, manufacturers conserve natural resources and reduce waste in landfills. Checking labels to see if recycled or eco-friendly components were used when making a purchase is an easy way to be a responsible consumer.

According to the Environmental Protection Agency's most recent figures, Americans generate about 254 million tons of trash annually, but only about one-third of that waste is recycled. For many, one of the main barriers to recycling is not knowing how or where to recycle certain items. Many people hold on to used batteries knowing they shouldn't be tossed out but don't know where to dispose of them. Batteries are recyclable and contain materials that are potentially harmful to the environment when discarded in a landfill. You can be part of the solution to reduce waste by learning how to properly recycle many of the products you use every day. Here's how:

## 1. DUMP YOUR STASH.

A study commissioned by Call2Recycle, Inc. found that an estimated 6.7 billion batteries were sold in U.S. markets in 2014. Of that number, 30 percent were rechargeable batteries that could have been recycled. The Call2Recycle program makes it easy to be a responsible battery user with a network of more than 30,000 drop-off locations including retail stores that you may already visit regularly, like Best

Buy, Lowe's, Staples, The Home Depot and more. Visit [www.call2recycle.org/locator](http://www.call2recycle.org/locator) to find a battery collection site near you.

Are you a battery hoarder? Do you have a junk drawer in the house filled with dead batteries? You aren't alone. Designate a separate container for rechargeable batteries from old cordless products and look up the nearest participating collection site. Establish a monthly routine --- sort through the drawer and gather up old electronics and used batteries. When the container is full, you will know exactly where to recycle.

## 2. CHECK HOUSEHOLD "RECYCLABLE" ITEMS.

Aluminum cans and plastic bottles are the most commonly recycled items, but lots of other items found around the house can be recycled as well. Consider recycling plastic bags and paper towels. Create a bin in your kitchen and post a sign nearby as a reminder to throw napkins and sandwich bags in too. When your bin is full, place these items right in your curbside bin.

Pledge to recycle, and commit to incorporating more green activities into your everyday routine. Start by selecting a specific item you use frequently. By including one new item into your recycling routine, you can make a positive impact. By starting small, there is a greater chance you will continue throughout the year. Be a leader of a greener lifestyle. Your efforts can inspire your family and friends to join you in incorporating environmentally friendly behavior into their everyday lives.

# HELP YOUR CHILD PICK APPROPRIATE VIDEO GAMES

**A**rmed with new game consoles and mobile devices, kids are always looking to add new video games to their libraries. With so many choices, parents are often overwhelmed when trying to decide which games are appropriate for their children.

The Entertainment Software Rating Board (ESRB), the non-profit organization that assigns age and content ratings for video games, is an excellent resource for helping parents navigate both the real and virtual game aisles. The familiar ESRB ratings are now also assigned to downloadable games and apps in Google Play, Microsoft's Xbox Live store, Nintendo eShop, and the PlayStation Store.

ESRB offers the following tips for parents looking for console games or mobile apps that are perfectly suited to their families:

**1**. Start by checking the recommended age rating prior to purchasing or downloading from an online or mobile storefront. ESRB ratings are clearly labeled on video game boxes or on the game's page: E (Everyone), E10+ (Everyone 10 and older), T (Teen), M (Mature) and AO (Adults Only).

**2**. Review the content descriptors. ESRB uses about 30 different content descriptors for depictions involving violence, suggestive or sexual themes, language, controlled substances, and other types of content to help parents understand what may have triggered a particular age rating.

**3**. Look for interactive elements. Interactive elements describe certain aspects of a game or app, which can be assigned to downloadable games and apps, such as the sharing of the user's location, whether the game or app enables the purchase of digital goods, if users can interact, and if unrestricted internet access is provided. These aspects should be of interest to many parents and consumers.

**4**. Set parental controls. Today's gaming devices have parental controls built in, which allow parents to block titles by age rating, ensuring children can



access only age-appropriate games and apps. Depending on the device, parents can also control specific features like with whom their children can play online and whether in-game purchases can be made. NEVER reveal your password or PIN.

**5**. Do your research. Check ESRB rating summaries at [ESRB.org](http://ESRB.org), which provide a more detailed explanation of content in many packaged games. If you still want more information, online reviews are another great resource. These often include screenshots, videos, and other details that parents may find helpful in making a final purchase decision. You can also talk to your local video game retailers. They're often staffed with experienced gamers who can help guide parents toward the right games for their family. For downloadable games and apps, parents may want to review the details on the product's page and some of the user reviews before downloading.

Perhaps most importantly, have fun! If you're not already a gamer, try it—you might like it! Not only is it a great way to bond with your children, but gaming also allows you to share and better understand one of their passions. Never underestimate the value of playing as a family; enjoying games together enables you to engage in an ongoing conversation with your children about the games they want and love to play.

# 5 STEPS TO BUILD A STRONGER CORE WITH CHI WALKING

By Julie Morvant / Certified Running Coach and Yoga Instructor

Most people think walking doesn't cause injury. However, walking is a fitness activity that can be done properly--and beneficially-- or improperly, resulting in possible damage. Instruction on proper technique is needed.

Precise instruction on walking technique can help you focus on your core, so you develop greater core strength and better balance and efficiency in mobility. Of all the forms of exercise, none is more popular than walking. For good reason--stride for stride, fitness experts agree that walking provides the most health and longevity benefits. There are multiple reasons for this.

Walking is low-impact. If you use improper form, you will tire more easily because of it, but with proper form, eventually you can take longer walks. Longer walks burn more calories and help build your cardiovascular system. Walking can be done anywhere. You don't need a gym membership or fancy equipment. You just need a good pair of shoes.

Nearly 80 million Americans consider themselves walkers and the number is growing. Despite this explosion in walking, there is very little instruction available on how to walk with proper form and posture. We walked beautifully as children, but few of us have the same healthy, flexible bodies we had when we were young. For instance, when children walk, they tend to lead with their upper bodies allowing gravity to help pull them along. ChiWalking uses the principles children naturally employ—leading with your upper body. Instead, adults tend to lead with their hips and pull themselves forward with their legs. This is a big job for small muscles and adding distance to this type of walking can be a recipe for injury and pain.

## USE THESE 5 PRINCIPLES OF CHI WALKING TO BUILD A STRONGER CORE:

### 1. Get Aligned.

Your form is totally dependent upon your posture. Align

“

*Nearly 80 million Americans consider themselves walkers and the number is growing. Despite this explosion in walking, there is very little instruction available on how to walk with proper form and posture.*

shoulders over hips and hips over ankles. Make sure your spine is long, tall, and straight.

### **2. Engage Your Core.**

If you are not sure which muscles to use, laugh or cough and you will find them. Engage these muscles by keeping them pulled in during your walk.

### **3. Create Balance.**

Your body weight should always be centered over your leading foot, so that movement initiates from your center, and the bulk of the work is done by the core muscles, rather than your legs and feet. When you are physically balanced, you are not only more efficient in your walking but also less prone to injury.

### **4. Make a Choice.**

In ChiWalking, we choose to move forward in a different way than before. This means leading with the upper body, in balance over the stepping foot, rather than leading with the legs.

### **5. Move Forward.**

This is where the shoe leather meets the road, where you make that commitment to take a walk today. Plan your weekly walking program so you progressively move toward your health and fitness goal.

To keep moving forward, keep your posture straight, your core engaged, your upper body balanced over your lower body and your destination in mind. Spring is almost here-- get ready to walk!





## Has your tattoo expired?

**A**ccording to a recent survey, nine out of 10 people with tattoos have considered having them removed. While the reasons for removal vary, the increasing options available for tattoo removal are transforming the nature of tattoos from permanent statements to temporary art.

Tattoo removal has increased over recent years, but 76 percent of people who had their tattoos removed waited over a year before beginning the process. Although a variety of reasons contributed to a person's hesitancy to remove a tattoo, pain and cost were two of the biggest hindrances. In the end, most people

said the pain they experienced was less than they had expected.

But there's good news if you are interested in tattoo removal. Effective options exist that are less painful and cheaper than many realize. PicoWay's picosecond laser allows for the comprehensive removal and treatment of all colors of tattoos and can safely treat all skin types. Due to its advanced technology, PicoWay removes tattoos in fewer sessions than alternative methods, making it less painful and more cost-effective. Check out their website at [picowaylaser.com](http://picowaylaser.com) to locate a physician in your area and decide if this treatment is right for you.

# REDUCE FALL RISK BY IMPROVING BALANCE

**A**s people age and their movement becomes unsteady, they may develop a fear of falling, which is only natural. However, a fear of falling may discourage the elderly from moving. When their activity level declines, this leads to greater loss of strength and mobility. Essentially, fear may increase their fall risk.

If you watch TV, you can probably recall the commercial with the saying, “I’ve fallen, and I can’t get up.” Memorable though it is, this is a very serious and fearful scenario for many older individuals. However, there is much that can be done to improve balance and reduce the risk of falling.

Physical therapists can help allay fear, restoring a person’s confidence, by addressing the cause of fall risks. Therapists treat balance problems by evaluating each person’s individual needs. They take a whole patient approach, assessing multiple functions of the body including muscles, joints, eye tracking ability, skin sensation, and proprioception (position awareness in the joints). Once therapists know the root cause of balance issues, they can prescribe active movement techniques and exercises to specifically target the areas that need improvement. A balance program generally focuses on stretching and strengthening as well as proprioception exercises and eye tracking activities.

A personalized and specific exercise program will help improve mobility. This means seniors will be able to move with greater ease, improved coordination, and more confidence as they become stronger. The core muscles are especially crucial to overall balance, both static (sitting still) and dynamic (with movement), so a good balance training program will always include core strengthening exercises. A therapist may also find it necessary to assess flexibility. Tight muscles may inhibit

full range of motion. Stretching may be included if this is the case.

Since the end goal is to get a client back to normal daily activities, the therapist will set goals to address daily life activities. Meeting small goals over time will slowly, but progressively, help develop confidence and reduce fear. Eventually, a person who was once at high risk of falling will be able to perform daily activities independently and with confidence.





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