

**POWERFUL ADVICE TO  
TAKE CHARGE OF  
BALANCE  
AND FALLS**

**BONUS: 10 EXERCISES  
TO HELP YOU WIN THE  
BATTLE VS. GRAVITY**

 **achieva  
rehabilitation**

## BALANCE



### IT'S ONLY ONE FALL, YOU SAY? #2 IS AROUND THE CORNER

Balance is one of those things you might not realize the importance of until you start to lose it. And for most of us, this loss comes with age. For some seniors, poor balance and falling can stem from medical issues that they have no control of. But for a good majority of these folks, it is simply a matter of losing strength and the natural ability to move the way you did when you were younger because you simply don't do it anymore. And in case you don't think you need to take it all that seriously, consider that falls are the leading cause of death from injury among people 65 and older. And it only takes one fall to take you off your feet for weeks or months or possibly remove your independence completely. **And you guessed it. If you've fallen once, more falls are very likely!**

According to the National Counsel on Aging falling is NOT an inevitable result of aging. That's right – you can do your part now to help prevent falling later.



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**INTRODUCTION:** “In this special report” on actually improving balance, I share with you very powerful principles and strategies you can make work for you – some over time and others almost instantly.

They’re in no particular order, and they all have only one thing in common: **They all work.**

There’s a great saying that goes: “**How do you eat an elephant? One small bite at a time**”. **Living with Balance Concerns is a big challenge...break it down into small ideas and tips.** And it’s often the simplest advice that wins in the end.

Truth is, without knowing your history intimately, I cannot tell you which of these will work best for you. And even if I did know the problems you are having with balance, there are no guarantees that any one single strategy will work. But over the last 10+ years, I’ve been able to narrow down what really does and doesn’t work when it comes to Falls and Balance Problems.

And the principles you’re about to read are included in that.

What’s more, this report shows you how to actually fight back against Balance Problems – for no cost whatsoever, other than that of your time. And that’s what most people who request this report are shocked to discover... that there IS a way to gain life altering education without needing a referral from a doctor or speaking one word to your insurance company.

**So, here’s my challenge to you...** now that you have this knowledge in your hands, take time every day to try out at least one of these 100% natural strategies. It really won’t take long and most of them won’t cost you anything but a few minutes of your time. I think you’ll be pleasantly surprised by how much better and healthier you will feel for doing so.

**Important notice :** combine ALL of the “tips” in this Special Report simultaneously and you will likely see a great improvement in your mobility, your balance, and ultimately, the realization that getting back to **enjoying life IS POSSIBLE again!!**



## What Causes Poor Balance?

Balance problems may cause dizziness and make you feel as though you're spinning or moving when you're actually standing or sitting still. As a result, you may not feel well. This can interfere with your daily life.

It can also lead to falls, which can cause broken bones and other injuries.

## What are the symptoms of balance problems?

The primary symptoms of balance problems are being unsteady while standing and walking. It may be difficult to walk without falling. Certainly, if you are fearful of falling when you are upright and moving around, your balance is not perfect.

## What causes balance problems?

Causes of balance problems include:

- infections of your ear
- inner ear problems
- head injury
- poor blood circulation
- certain medications
- chemical imbalance in your brain

- low or high blood pressure
- neurological conditions
- arthritis
- Aging

## For example:

- Inner ear infection or inflammation can make you feel dizzy and unsteady.
- The flu or an upper respiratory infection can cause temporary imbalance if the infection is close to the inner ear.
- Meniere's disease changes the volume of fluid in your ear, causing balance problems, hearing loss, and ringing in your ears. Its cause is unknown.
- Head injury, strenuous physical activity, ear infections, and atmospheric pressure changes can cause inner ear fluid to leak into your middle ear. This can cause balance problems.
- Sea travel can cause balance problems
- A tumor, such as an acoustic neuroma, can be a cause.



## Who is at risk of balance problems?

You may be at risk of balance problems if you're on medication, have a viral infection, experiencing inner ear problems, or recovering from a head injury.

If you're age 65 or older and have arthritis, or high or low blood pressure, your risk of balance problems is higher. If you are not terribly active, your fall risk increases dramatically.

Traveling on a boat or ship may also cause temporary balance problems.

## How are balance problems diagnosed?

Balance problems are not usually difficult to assess. Some medical clinicians believe that you must have a battery of testing in order to find the reason for your balance problems. But, a specially trained physical therapist can provide conservative assessment techniques that often lead to finding the problem and also the solution.

## How are balance problems treated?

Depending on the problem at hand,

there are different medical interventions. I would say that the high majority of people experiencing balance problems should take a conservative approach unless the physiological reason is life threatening.

The right type of physical therapy managed by a specialist does wonders in the high majority of cases.

Doctors may often prescribe medication such as Antivert or meclizine, which will help your dizziness, but, it will never have a positive affect on the reason you have dizziness or balance problems...it is not a solution. It is a band-aid.

Of course, your medications should always be reviewed to see if there is an interaction effect from the meds.

Your doctor might also make recommendations to address your overall health. Including: Exercising, quitting smoking, if you smoke, limiting caffeine and alcohol reducing your salt intake, eating well-balanced meals.



## Outlook

Balance problems can be temporary or a long-term issue, depending on what causes them.

If you have an ear infection or have just traveled on a boat, the condition generally clears up in time with treatment.

However, if the cause is unknown or the issues are a result of chronic conditions or aging, the symptoms may continue indefinitely and will not resolve on their own...you should see a **specialist physical therapist**.

## Prevention

Staying active and participating in an exercise program, either a general one, or one run by a specialist physical therapist specifically for balance is our **best advice for seniors**.

As wobbly toddlers, we worked hard to improve our balance and propel ourselves forward efficiently. We got even better at balancing as kids, thanks to skipping, climbing trees, doing somersaults and simply being active.

But as adults, most of us have stopped doing those spontaneous movements. Instead, we spend a lot of our time sitting—during our commute, at our desk, on the couch. The result: Our legs, low back, and butt become weaker—and our balance suffers.

A more sedentary lifestyle isn't the only thing to blame. Parts of the inner ear and brain that control balance—what's called the vestibular system—and vision decline as we get older, which has a big effect on our equilibrium. It's a gradual slowdown that may take years or even decades to notice.

Maybe it's become a little harder to make lateral movements on when walking outside, or you feel less stable as you head down stairs. Or maybe you're feeling too precarious in high heels these days.

Feeling more confident about these and other everyday movements, like getting in and out of the car or watering the garden, is exactly why balance training is so important.



Good balance contributes to what's called "felt sense" or proprioception—which refers to how you carry your body as you move.

When you improve proprioception you're able to move more easily throughout the day while decreasing the chance of tripping or getting injured.

Stability is a big part of that: While you want to be able to hold the filled watering can without any trouble (which calls on strength), it's crucial that the muscles in your abs, hips, back and buttocks are also contracting and stabilizing so you won't topple over while you tilt the can over the flowers (which requires stability).

It's those postural muscles that you can strengthen to improve and maintain your balance over time. It does take practice, but committing yourself to doing some simple movements (somersaults *not* included) every day can make a big difference.

Remember, physical balance is a

dynamic state, requiring continuous, coordinated adjustments.

Think back to when you learned how to ride a bicycle: At first you made constant and deliberate corrections on the pedals, but as you continued to ride, your corrections became subtler and less conscious as healthy neuromuscular patterns established themselves.

Keep this learning curve in mind as you take on these balance-boosting activities.

**Here are some exercises your physical therapist might recommend:**

*For safety, position yourself near a counter-top or sturdy surface that you can hold on to for support, or go outside where you can perform exercises on soft ground, away from other obstacles you might hit if you fall.*

Let's get started but remember not to do anything that makes you feel uncomfortable....better to be safe than sorry....



## **1. Standing March**

Stand in place and start marching in place slowly for 20-30 seconds. As this becomes easier, challenge your balance and change up the surface you are marching on: from hardwood to carpet, foam pad, grass, etc.

## **2. Standing 3-Way Kicks**

Standing on 1 leg (with a soft knee, not locked in full extension), move the other leg in front of you (keeping your leg as straight as possible), then out to the side, and then behind your body. Perform 10 times on each side.

## **3. Sidestepping**

Walking alongside (facing) a countertop or near a wall (with hands on surface as needed), step sideways in 1 direction with your toes pointed straight ahead. Move 10 steps in 1 direction, then return in the other direction. As this becomes easier, use a resistance band just above the ankles.

## **4. 1-Leg Stand**

Stand on 1 leg as long as you are able, up to 30 seconds. Alternate legs, and try to do this 3-5 times on each leg. As this becomes easier, challenge yourself by doing other tasks while standing on 1 leg, such as brushing your teeth, talking on the phone, or while doing biceps curls.

## **5. Sit to Stand**

Rise out of a chair without using your arms to push up. If this is difficult at first, use a firm pad underneath you (to place on chair seat) to raise you as you need. Perform 10 times.

## **6. Tandem standing or tandem walking**

Place 1 foot directly in front of the other, so the heel of the front foot touches the toe of the back foot. Maintain standing in this position as long as you are able, or up to 30 seconds. As this becomes easier, try taking a few steps in this heel-to-toe format, as if you are walking on a tight rope. Remember to use something to hold on to for safety.



## 7. Squats

Stand with your hips and knees wide apart. Keep your arms out, abs tight, and your back straight. Bend your knees and hips and slowly lower yourself until your thighs are parallel to the floor. If you're not used to doing squats, you may not be able to get your thighs quite parallel so just get as close as possible. Slowly rise back up, contracting your bottom muscles. Try to do three sets of 10, with a one minute break after each set.

## 8. Heel Raises

Standing on both feet with weight evenly distributed, lift up on the balls of your feet and hold for a few seconds, then lower down. That's one rep. Do 3 sets of 10 reps

## 9. Standing up with control from a sitting position.

Start by sitting in your chair with your back straight and legs uncrossed. Engage your core, glute, and thigh muscles as you slowly lift yourself to a standing position, without pushing off of the chair with your hands for momentum. Repeat 10 times.

## 10. Crunches

Comfortably on your back in your bed or the floor if your capability allows, bend your knees and rest your feet flat, knees together. Place your hands on your thighs and gently do the first part of a sit-up, moving your shoulders and head away from the bed toward your legs as your hands slide toward your knees. Feel your abdominal muscles contract and hold for 5 seconds. Repeat 10 times and do three sets.

**What if you're not at all active? Research shows that exercises guided by a physical therapist can help sedentary folks dramatically improve their strength and balance at any age or ability level.**



## Conclusion

So, there you have it: Tons of things that you can do TODAY to keep active, improve your mobility, your posture, your balance, and your general health, as well as live with LESS worry over what's actually going wrong.

There's obviously only so much you can do, and I could go much more in-depth on ways to drastically improve your balance other than the principles I've given you here, but these fundamentals, if you apply them rigorously and are disciplined, will make a huge difference to the quality of your life.

Through this report I wanted to prove to you that there ARE many things you can do to improve balance and dizziness before it stops you! AND that you don't have to accept it as a part of your life and throw in the towel, nor do you need a referral from a doctor to get the help you're looking for!

In the weeks ahead I'll be sending you even more tips and advice on how to restore your active and healthy lifestyle - and will share with you how Physical Therapy could possibly make a huge difference to your life.

I hope this is the beginning of a great, long-term relationship where myself and my team at Achieva Rehab will become the source of leading-edge health advice for you (and your family) and make a real difference to the quality and enjoyment of your life.

If you have any questions in the coming weeks about how to successfully implement these tips, please feel free to call me, text me, or send an email.

Dedicated to Restoring Your Health,

**Joel J. Digris, Owner**

Specialist Balance and Dizziness Physical Therapist

Achieva Rehabilitation

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## BALANCE



## WHAT TO DO NEXT?

The best advice that I can give to you today is to see the help of a physical therapist that specializes in balance and dizziness therapy. Our program specializes in treating people with high fall risk and we also specialize in helping those people get back their activity and independence without pills or a calendar full of medical appointments. We have easy ways to continue your relationship with Achieva Rehab, ultimately moving to the solution that you are looking for.

- 1. Call us at the number below and we will set up your program.** You don't even need to go to your doctor...we will take care of everything for you. We will call your doctor to discuss your case and develop a plan to help you get your balance back.
- 2. Schedule a FREE phone assessment** with our specialist...go to our website to make arrangements or call to request the assessment.



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Nothing we say about our services matters until you are able to **TRUST** that what we say holds water. Humbled and very lucky, our past patients are our best advocates...they promote our program better than we can!

**That's why we let our patients tell our story.**

**Trust us!** Our patients have provided us with more positive testimonials and feedback than any home health agency or brick and mortar physical therapy clinic in the area because they experience significant functional mobility improvements and that makes them **exceedingly happy**. And, we think you should care deeply about what our patients say because **all that matters is our patient's quality of life and how we affect it.**

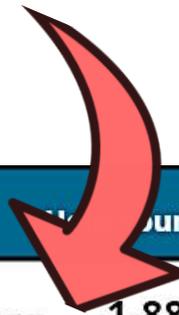
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So Happy for This Great Lady!! Thank you, Betty!!



Five-Star Results!

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"So Proud of Our Team and EVA!! Look At That Testimonial!!!!"



Five-Star Results!

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"3 Cheers for Esther and The Team! Great Job!"



Five-Star Results!

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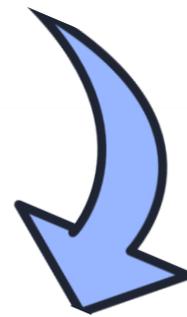
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Here's To A Future Filled With Birdies for Paul!!

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Five-Star Reviews? We've Got Plenty of Those!!



 Write a review

## Achieva Rehabilitation

5.0  35 reviews 



**Susan Koomar**  
3 reviews · 1 photo



 5 months ago

Excellent physical therapy for my mom, age 90. Helped her regain strength, mobility, endurance and confidence following a hospital stay for pneumonia. The Achieva therapists were so compassionate, friendly professional and helpful. They helped mom achieve much more than we thought possible - not only to get around the house safely and do steps but expand her mobility outdoors. Mom, who is almost 91 now, asked for a new leaf blower for Mother's Day so she can keep our deck clean! Thank you Achieva Rehabilitation!



1

**Response from the owner** 5 months ago

Susan, this is so amazing to hear. As the owner of the company, stories like this...your mom asking for a new leaf blower...that's just over the top and I'm so proud of all my therapists...they are awesome. Thank you for taking the time to provide this review!!! Be well!!

 Edit

# About the Author: Joel J. Digris, PT



Joel J. Digris received his Master of Science degree in Physical Therapy from Arcadia University in 1997. Joel was born and raised in Schuylkill County, and is blessed with a beautiful wife and four beautiful daughters. As a physical therapist, Joel works with people to help them regain the joy in life that is missing due to pain, weakness, dizziness, falls. As a business owner, Joel has an immeasurable desire to excel in serving the community and the patients of [Achieva Rehab](#).

Thank you for reading our report. I sincerely hope this is a good start to bringing back the joy into your life. Developing trust with your healthcare team is important. Because of this, I want to continue to send you information that we feel can guide you to improved function as you go forward and how a qualified physical therapist can help fast track that process. Please never hesitate to contact me...I am on duty 24/7.

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