

STAY UPRIGHT AND INJURY FREE!

INSIDE:

- How Does Our Body Regulate Our Balance?
- Enjoy The Holidays Without Overeating
- Patient Success



DECEMBER 2023

HEALTHY RECIPE



Christmas Toffee

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- Peppermint candy

Preheat your oven to 425° and line 8 x 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy. Cool completely then refrigerate for 2 hours or until hard enough to break apart.

THERAPY FOR BALANCE: KICK THE RISK OF FALLS TO THE CURB!

Did you know that no matter your age, you can improve your balance and reduce your risk of falling? At McCabe and Brady Physical Therapy, we can help you determine what is affecting your balance and, more importantly, how to resolve it!

Experiencing balance issues or noticing instability indicates that you may be living with a balance or gait disorder. For some people, the symptoms seem to start without any reason. For others, they occur following an injury, surgery, illness, or experiencing the effects of the aging process.

Balance disorders often stem from a treatable condition. Although it is more common for older people to have balance problems, it affects people of all ages. It is also important to note that physical therapists are movement experts skilled at identifying and resolving the many factors that can contribute to a higher fall risk, including balance disorders.

If you have been noticing issues with your balance, call today and schedule an appointment to get an assessment with one of our therapists!

HOW DOES OUR BODY REGULATE OUR BALANCE?

Balance is the ability to keep your body within the limits of your base of support (i.e., your feet). Maintaining good balance is necessary for most daily life activities and requires complex interaction with several systems in your body.

The following systems regulate our sense of balance:

- Our inner ears monitor the directions of motion (i.e., turning, forward-backward, side-to-side, and up-and-down motions).
- Our eyes observe where the body is in space and the directions in which it's moving.

- Skin pressure receptors in the feet sense the ground and how the body moves on different terrains.
- Muscle and joint sensory receptors sense what parts of the body are moving.

All these systems send information to your brain. Your brain processes this information and sends messages back to your muscles to make any adjustments needed to keep you balanced. It's a very fast and ongoing process that you usually don't even notice – until something goes wrong, like when you feel dizzy or lose your balance.

If any of these systems are not working properly, your physical therapist will identify your specific limitations and create a customized treatment plan to improve your balance and ensure you are steady on your feet!

WHAT ARE COMMON RISK FACTORS FOR FALLING?

Falling, particularly among older adults, can be a significant health concern. Several common risk factors increase the likelihood of falls:

- **Age:** Older adults have a higher risk due to reduced muscle strength, balance issues, and slower reflexes.
- **Muscle Weakness:** Weak lower body muscles can affect stability and balance, increasing fall risk.
- **Medications:** Certain medications, especially those affecting the central nervous system, can cause dizziness or impair balance.
- **Vision Impairment:** Poor vision can lead to misjudging distances or failing to see obstacles, contributing to falls.

Continued on next page

FALL-PROOF FITNESS FOR THE HOLIDAYS!



- **Chronic Conditions:** Conditions like heart disease, dementia, or diabetes can affect balance and physical strength, increasing fall risk.

Issues around the home, like loose rugs, wet floors, poor lighting, and uneven surfaces, can also lead to falls. In addition, improper footwear, like high heels or shoes with slippery soles or loose clothing, can also be a trip hazard.

Unfortunately, most people don't think about keeping their balance in shape until it is too late and suffer a harsh fall. The good news is that our physical therapist can help you prevent most falls!

WHAT TO EXPECT AT YOUR PHYSICAL THERAPY SESSIONS

Our physical therapist will assess your balance with specific tests to gauge the nature of your condition and determine the best treatment for your needs. Our treatment plans will typically contain the following:

- Joint range of motion exercises to ensure your functional mobility.
- Strengthening exercises to help improve your core and lower extremities.
- Coordination training can help you adapt to changes in your environment and help you achieve the best outcomes.
- Targeted balance exercises that address your specific needs.
- Vestibular rehabilitation for vertigo, if needed.

Our physical therapists will also provide you with clear instructions and strategies to minimize your future risks. We are committed to providing you with the care you need to get the results you deserve!

Call McCabe and Brady Physical Therapy today for a comprehensive assessment and learn how to regain confidence and stay active!

5 Health Tips For the Holiday Season

1. Shop Well For Yourself

It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

2. Schedule Your Exercise

Your schedule will be very hectic this holiday season. Schedule your workouts just as you would any other appointment. It's ok if you can't make it to class, but make sure that you get some activity in at least three days per week.

3. Just Say No

You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

4. Skip the Baking

Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars — let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

5. Hydrate

Keep your water bottle with you at all times. You should be drinking eight, 8-oz glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.



I am so grateful that my podiatrist recommended Frank at McCabe & Brady. I had foot surgery done and was afraid to do much of anything with my foot. Frank was so thorough and helpful. He gave me the encouragement and knowledge I needed to push myself. Frank did an amazing job with my foot! I would definitely recommend McCabe & Brady! -Cindy



**CALL
TODAY!**

**Warminster
215.774.6203**

**Ivyland
215.874.6561**

**New Britain
267.281.8039**

ENJOY THE HOLIDAYS WITHOUT OVEREATING

The holidays can be one of the most challenging times of the year for those who are trying to maintain a healthy lifestyle. It is a time for family and friends, for good food and decadent desserts. But it doesn't have to be! Here are five tips to help you stay healthy during the holidays.

1) Eat before you go: If you know that there will be many tempting treats at your holiday gathering, try eating a healthy dinner before you arrive. This way, you still have room for a small dessert and avoid overeating.

2) Enjoy your favorite foods in moderation: The key is to enjoy your favorite foods in moderation. They can still be on your plate, but try not to overdo it! Wait for 15 to 20 minutes before grabbing seconds to ensure you don't overeat.

3) Drink water: If you're like most people, you tend to opt for sugary drinks or alcoholic beverages at your holiday parties. Amid all the excitement, it's important to remember to drink water still. Staying hydrated is a critical element of healthy nutrition and helps digestion.

4) Have a healthy breakfast every morning: Eating a healthy breakfast is essential for your health and weight. Protein-rich foods are the best choice for breakfast because they keep you full longer and help you avoid overeating later in the day.

Protein-rich foods include eggs, milk, yogurt, cheese, beans, nuts, and seeds.

5) Eat slowly: Eating slowly is good for your health and your waistline! It takes around 20 minutes for your brain to tell your stomach that it's full, so eating too quickly will lead to overeating and weight gain. Eating slowly also helps you enjoy the food more and prevents you from feeling hungry too soon after a meal.



WE WANT TO HEAR YOUR SUCCESS STORY!

Would you take a moment to share your McCabe and Brady Physical Therapy experience on our Google Review page? We make it easy: just click the button below! Your success story could help improve the lives of others in our community by leading them to PT!

- ★ WARMINSTER
- ★ IVYLAND
- ★ NEW BRITAIN

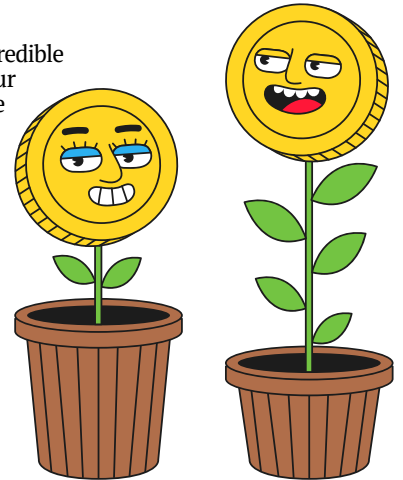


YOUR PT COULD BE FREE!

Take charge of your health today and make the most of your insurance benefits! If you've already met your deductible this year or have funds left in your HSA account, you can take advantage of our remarkable opportunity at McCabe and Brady Physical Therapy. Starting now and continuing until the end of 2023, you can address your aches and pains at little to no cost. Don't let these valuable benefits go unused!

But that's not all. If you're looking to enhance your strength and set yourself up for a fantastic 2024, we've got you covered. Our exceptional team of experienced physical therapists is here to provide you with specialized treatment services tailored to help you achieve your goals. With our guidance and expertise, you can get a head start on the upcoming year before your deductible renews.

Don't miss out on this incredible chance to prioritize your well-being and maximize your insurance benefits! Call McCabe and Brady Physical Therapy today to start living a happier, healthier life.



COME BACK TO PT!

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

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Or request an appointment online at
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