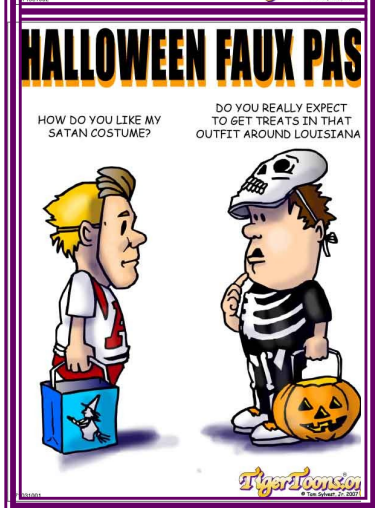




Dutch Physical Therapy  
October 2008 VOL 8

### Monthly Calendar

- Oct 4:  
Local Elections
- Oct 11:  
LSU @ Florida
- Oct 13:  
Columbus Day
- Oct 18:  
LSU @ South Carolina
- Oct 25:  
LSU vs Georgia
- Oct 31:  
Halloween



# GOING DUTCH

## Your *First* Choice in Physical Therapy

2351 Energy, Suite 1001  
Baton Rouge, LA 70808  
225-927-3000



10343 Siegen Lane, 3-A  
Baton Rouge, LA 70810  
225-767-4440



30789 LA HWY 16, D-2  
Denham Springs, LA 70726  
225-664-9150

## Treating and Preventing Imbalance and Dizziness

**Balance** and **dizziness** disorders are a common problem many people deal with throughout their lifetime. Often we hear people say, "There is nothing that will improve my balance or dizziness," or, "**impaired balance** and **dizziness** are a part of aging." It is important to dispel these statements and to inform people of ways to prevent and treat balance and dizziness disorders.

We see patients with many different causes of **balance loss and dizziness**. The majority of these conditions are treatable if you are given the proper education, exercises and treatment techniques. The first and perhaps the most crucial step is to get properly evaluated by your doctor, audiologist or physical therapist. We routinely work together with your doctor or audiologist in order to determine the major cause or causes of your balance or

dizziness problems. Each medical professional has a series of specialized clinical and functional tests that help to zero-in on what systems are most involved and need further treatment or correction.

**"Balance and dizziness disorders are a common problem many people deal with throughout their lifetime."**

The **physical therapy evaluation** will consist of **mobility tests, strength testing, functional testing and balance and dizziness tests** designed to help rule out the causes and identify compensated areas that may need to be rehabilitated. Many times, following a complete evalua-

tion, a **very simple** and **effective** strength, balance and coordination exercise program can be designed to rapidly improve the condition and to prevent and improve the incidence of falls and dizziness. Correct physical therapy treatment may incorporate balance activities, postural correction or specific activities for treatment of dizziness, or a combination of the two. If diagnosed with "**crystals in the ear**" or **Meniere's Disease**, a quick procedure can **instantly resolve the problem** and dizziness will disappear. You should also be given a specialized home exercise program to be performed on a regular basis. Following your therapist's suggestions will aid in improving your balance and decreasing your dizziness in order to confidently return you to a safe and active lifestyle. Copyright © 2007, Survival

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### Tennis Elbow Treatments

Dutch Physical Therapy is currently conducting a study to determine cause and new treatment options for tennis elbow and we would like to ask your help in participating in this study.

**Elbow pain** is a highly common problem among middle-aged adults. There are many different approaches for correcting elbow pain

that have not been scientifically proven to be effective. The **goal of this study** is to determine the most effective treatments by separating elbow pain into several categories. By doing this, physical therapists are able to simplify the approach to treatment.

The evaluation and treatment results will be determined and reported to your

referring physician within three days of the initial visit. The **treatment** will consist of exercises, mobilizations or self mobilizations, and home exercises only. If you or someone you know suffers from elbow pain or is interested in learning more about the study, please contact us at 225-767-4440 or at [dutchpt@bellsouth.net](mailto:dutchpt@bellsouth.net).