



NITMILUK GORGE - NORTHERN TERRITORY



Miami Physiotherapy  
+  
Lakelands Physiotherapy  
& Allied Health

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## Can You Train Your Balance?

**Maintaining balance is a complex process that your body does automatically. The body uses various systems to maintain balance, and if one system fails, the others compensate to keep you stable. You may not notice a deterioration in your balance until you're in a challenging situation**

Our bodies have three systems that work together to keep us balanced: our vision, our inner ear, and our ability to sense the position and movement of our joints, muscles, and tendons, known as proprioception. Our eyes provide visual information about the world around us, while the inner ear helps us maintain our balance by detecting changes in our head's position. Meanwhile, receptors in our joints, muscles, and tendons help us understand where our body is in space and how it is moving.

Poor balance can cause falls, broken bones, and serious injuries. The good news is that you can usually improve your balance with just a little practice. Here are a few quick tips you can try.

1. Maintain good posture: Good posture helps align your body, which is important for balance. Stand up straight with your shoulders back and head up. Avoid slouching or leaning to one side as it can throw off your balance.

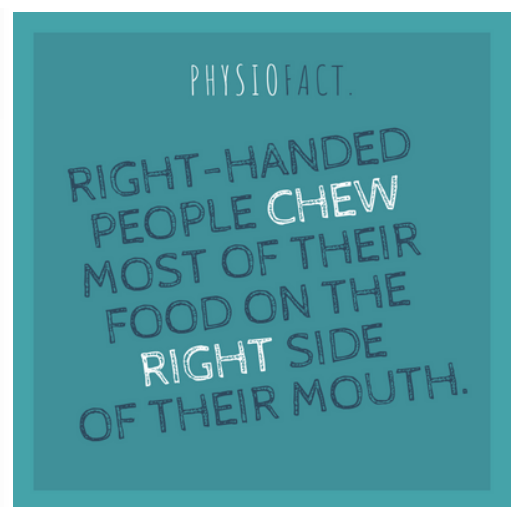
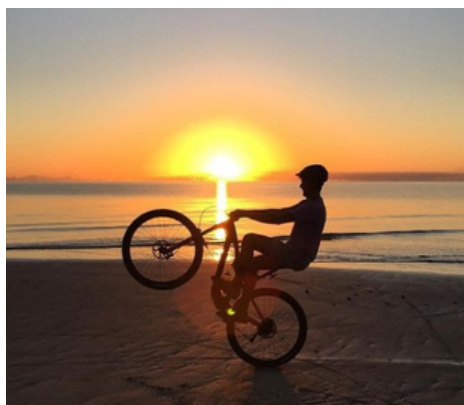
2. Practice standing on one leg: Standing on one leg may seem easy, but it can be challenging if you're not used to it. Start near a wall or hold onto a sturdy surface for balance.

Gradually try standing on one leg without support. This exercise improves proprioception, which is your body's ability to sense where it is in space.

3. Strengthen your core muscles: Core muscles located in your abdomen, back, and hips help stabilize your body and keep you upright. Strengthening them through exercises like planks, side planks, and bridges can improve your balance.

4. Regularly Challenge your balance: Notice what the limits of your balance are and see if you can improve on this gradually every day. Setting small goals for yourself can result in large improvements in your balance over time.

**Talk to your physiotherapist about creating a personalised program to improve your balance. Your physiotherapist is an expert who can evaluate which aspects of your balance need improvement and how to do it. They can assess which exercises are most appropriate for you, regardless of your fitness level or age.**



## Brain Teaser

What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?



# Positional Vertigo

## What is it?

Vertigo, the feeling that you are moving even though you aren't, is an unpleasant yet common experience caused by a variety of conditions. It may surprise you to learn that in some cases your physiotherapist is actually able to treat vertigo.

The process of telling whether we are moving or still involves many parts of the nervous system, including the inner ear. The vestibulocochlear nerve sends information about head movement to the brain, where it is processed. However, certain conditions can disrupt this process, causing the brain to perceive movement when there is none. Physiotherapists may be able to help with a specific type of vertigo called Benign Paroxysmal Positional Vertigo (BPPV).

## What are the symptoms?

BPPV, also known as positional vertigo, causes dizziness only when the head moves in certain positions or directions

. People with BPPV often experience dizziness and nausea when rolling over in bed or looking upwards, as well as lightheadedness and disturbance of balance. While BPPV can occur for no reason, it is often seen after a recent head trauma, respiratory infection, or airplane travel, as these conditions can disrupt the inner ear's normal function.

## How does it happen?

The symptoms of BPPV can be explained by a disruption in the signal sent by the semi-circular canals of the inner ear to the brain. These canals are positioned in different directions and filled with fluid. As the head moves, the fluid in each canal moves differently, depending on the head's orientation. Receptors pick up this movement direction and speed, sending the message to the brain. However, sometimes small calcium crystals in the utricle, where the three semi-circular canals meet, can become dislodged and move into the semi-circular canals, disrupting the fluid and obscuring the messages to the brain.

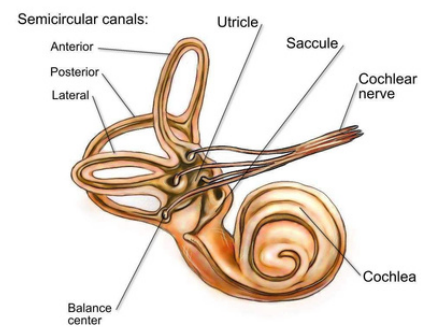
## What is the treatment?

If your doctor has diagnosed you with BPPV, they or your physiotherapist can

show you a series of movements to help dislodge the calcium crystals and move them away from the semi-circular canal. You may also be asked to perform exercises to prevent the crystals from returning. Usually, only one or two treatments are needed for symptom resolution, although some cases may require more.

If you think you have vertigo, it is important to be assessed by a medical professional, as there are many conditions that can cause these symptoms and correct diagnosis is necessary before treatment.

**None of the information in this article is a replacement for proper medical advice. Always see a medical professional for advice on your condition.**



Answers: NOOON

# Creamy Lentil Coconut Curry

## Ingredients

- 2 cups dry Red Lentils
- 2 Tins Whole or Diced Tomatoes
- 1 Tin Coconut Milk
- 2 Tbsp. Garam Masala
- 1 cup Vegetable Stock
- ½ tsp. Cinnamon
- 1 tsp. crushed Garlic
- ½ White Onion, Diced
- ½ tsp. paprika
- 1 Tbsp. Coconut Oil
- 1 tsp. Salt



1. First, preheat a medium-sized saucepan over high heat. Add oil, diced onion, garlic, paprika, garam masala, cinnamon, and salt. Stir frequently and cook until the onion starts to soften. Reduce heat to medium.
2. Next, rinse lentils with cold water and strain them. Add lentils to the saucepan and stir until they are evenly coated with oil and spices.
3. Slowly pour the vegetable stock into the saucepan while stirring the lentils. Then, add tinned tomatoes and coconut milk. Stir well and reduce the heat to low. Allow the mixture to simmer for 15-20 minutes, stirring occasionally until the lentils are soft and the liquid is absorbed.

**Serve the lentil dish with rice and toasted garlic naan bread.**



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