



## Strengthen Your Core for Better Balance & Stability

Are you struggling with your balance? Do you often feel unsteady when standing and walking around? If you're nodding your head to any of these questions, you may want to consider physical therapy at OSR Physical Therapy for core strengthening.

The muscles in your core help in harboring your center of gravity, which is why many physical therapy practices utilize core exercises for those who struggle with issues like dizziness and vertigo.

If you want to improve your balance and strengthen your core, contact OSR Physical Therapy to get started today!

### The connection between core strength & balance

Many people don't know that your core is integral to physical balance. When your core muscles are strong, they can help prevent you from losing your balance or falling over. A strong core can also improve lower back pain and stop you from developing other injuries.

It is a common misconception that when you work on your core, you're just working toward toning your abs, but your core muscles are much more than that! The core is more complex and essential to our body's function than you may think.

There are two core muscles: your inner core and outer core. Both classes have their own unique properties. The inner core muscles are attached to the spine, helping to keep your body in its

correct position. The outer core consists of the rectus abdominis, erector spinae, and obliques. These powerful muscles allow you to maintain upright positions and flex the spine properly.

In addition to aiding in balance and stability, core exercises help to promote weight loss or weight maintenance, stabilize blood pressure, boost energy, and improve circulation.

### Common symptoms of an imbalance disorder

If you have a balance disorder, you might experience these symptoms:

- Dizziness or vertigo
- Falling sensations
- Trouble walking straight
- Lightheadedness or feeling like you're going to faint
- Blurred vision
- Confusion or disorientation

Symptoms can occur when walking, sitting, running, and engaging in physical activity. Many issues may cause a balance disorder, including traumatic brain injury, medication side effects, low blood pressure, and some neurological conditions.



**We Can Help you Heal.  
Call 1.480.360.3921 Today!**

# How We Can Help With Core Strength & Stability

Our physical therapists at OSR Physical Therapy can help you improve your balance and increase your core strength with a wide range of exercises. Our team will start by assessing your specific situation.

This will consist of a comprehensive evaluation and movement screening. We will have you perform a series of stationary and movement-based activities to identify any weaknesses or limitations affecting your balance.

This information will help us design a program tailored to your specific needs. During sessions, you and your physical therapist will work on exercises that encourage static balance (sitting or standing still) and dynamic balance (moving and doing daily activities).

Your therapist may also teach you how to respond to potential falls in order to prevent injury. Luckily, exercises are designed to fit all physical skill levels and the severity of conditions. During the treatment, your physical therapist will provide effective exercises tailored to your needs and overall comfort.

Your therapist may use aerobic steps and stability ball training during your treatment. A few different exercises are performed with this type of equipment, such as the Seated Ball Balance and Ball Walks. Yoga balls focus on all areas of your body, allowing you to improve balance and stability without requiring strenuous exercise.

During physical therapy, you may also work with weight lifting, which opens the chest, strengthens back muscles, and improves the range of motion. People who lift weights regularly notice a difference in posture and stability.

Seeing a licensed physical therapist regularly helps you train your inner and outer core muscles for improved balance and range of motion. Contact us to get started with one of our highly trained physical therapists at OSR Physical Therapy today!



## Request an appointment at OSR Physical Therapy today!

Physical therapy may be the answer if you have a weak core or are struggling with balance!

At OSR Physical Therapy, we are compassionate about your healing journey and can't wait to help you succeed in your recovery. Our physical therapists will thoroughly examine your current condition, physical health, limitations, and any other contributing factors to create a customized treatment plan that's right for you. Don't wait to start feeling stronger and better! Contact our office and get started on the road to recovery today!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6635278/> - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6635278/>

## Service Spotlight

### Postural Restoration

The Postural Restoration Institute is a company focused on exploring and improving the postural adaptations and asymmetries that patients develop, especially in regards to the way they change and influence the polyarticular (pronounced: pah-lee-ar-tik-yoo-lur) chains or collection of joints of your body.

The Postural Restoration Institute was established in the year 2000, and it has grown rapidly since. There are now just over 200 Postural Restoration Certified professionals, over 50 Postural Restoration Trained professionals, and over 80 Postural Restoration Centers across the country.

For more information on how our practice has adopted methods used by the Postural Restoration Institute, and how these methods may benefit you, contact OSR Physical Therapy today.

## Get Rewarded For Helping Us Help Others!



Refer a friend for a chance to Win A Weekend Getaway!

Each time you refer a friend or family member you are entered into our quarterly drawing!

Thank You!

Share this newsletter with a friend and help them find relief from pain!

# Yummy Recipe:

## Avocado-Egg Toast



### Ingredients:

- ¼ avocado
- ¼ tsp ground pepper
- ½ teaspoon garlic powder
- 1 large egg, fried
- 1 slice whole-wheat bread, toasted
- 1 teaspoon Sriracha
- 1 tablespoon scallion, sliced

**Here's how to make it:** Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

Source: <https://www.eatingwell.com/recipe/267169/avocado-egg-toast/>

# OSR Leadership Retreat



We were thrilled to hold our 7<sup>th</sup> Annual OSR Leadership Retreat this August. It's been an event all of our leaders look forward to. Pouring into that Leadership Mentality has supported our team's ability to collaborate on continuing to deliver the best patient experiences possible, and driving results.

## Success Spotlight



**"FROM DAY ONE, THE GILBERT OSR TEAM MADE ALL THE DIFFERENCE IN MY RECOVERY!"**

-RENEE

"Being a PA-C in orthopedic surgery & sports medicine for the past 20+ years, I was very particular about who I wanted to rehab with after my own rotator cuff surgery. From day one, the Gilbert OSR team made all the difference in my recovery. Every single member of the

team was easy to talk to, professional, passionate and very kind. They helped rebuild my shoulder safely and effectively. Cameron, Jenn, Eric, Jack, Mike and Cheyenne make Gilbert OSR an enjoyable environment to be in. I actually looked forward to my PT sessions every week. You can tell they love their jobs and that says A LOT about the leadership of their team and the company as a whole. I think OSR is amazing! I really enjoyed working with the entire team. I can't thank them enough for all they did to help me." —Renee

## Let's Get Social!



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**Call us at 1.480.360.3921!**



Check out This Yummy Recipe Inside!



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## Start Healing Today!

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## TRANSFORM YOUR RECOVERY

### Inside:

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- Get Rewarded For Helping Us Help Others!

## It's Easy To Request An Appointment!

Need to see a physical therapist for relief? Scan the QR Code to request an appointment today!



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