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Stop in and see us at:

Northern Rehab

3266 Resource Pkwy
DeKalb, IL 60115
815-756-8524

1211 Currency Ct.
Rochelle, IL 61068
815-562-3299

540 E. Main St., Suite 5
Genoa, IL 60135
815-784-6417

Island Chiller Recipe:

Ingredients:

- 20 oz of frozen berries or mixed berries
- One 30 oz can of crushed pineapple with juice
- 3 cups of orange juice
- 2 quarts of carbonated water
- 16 fresh strawberries

Combine berries, orange juice, and pineapple and blend smooth. Pour mix into ice cube trays and freeze. Serve 3 cubes in a tall glass with 1/2 cup of carbonated water. Serve when slushy, garnished with a strawberry.

Only 68 calories per serving!

Vestibular Disorders

A vestibular disorder, also known as a balance disorder, is defined as a condition that makes you feel unsteady or dizzy, as if you are moving, spinning, or floating, even though you are standing still or lying down. Balance disorders are caused by specific health conditions, medication, or problems with the inner ear or the brain.

How does balance work?

Our sense of balance is mainly controlled by the structure in our inner ear called the labyrinth. It is part of the vestibular system. The vestibular system works with our visual senses and motor (muscle) system to maintain the position of the body during movement and at rest. Sections of the labyrinth contain fluid that help our brains to determine the nature and direction of our movement.

Camping and Outdoor Safety

Summer is a time when many individuals and families take to the great outdoors to bond, take in nature, and increase activity levels. Typical activities include camping, hiking, fishing, and swimming. As much fun as these activities can be, they can be a bit of work, and it is important to remember to take precautions so that you will have an enjoyable, and safe, activity.

Remember to:

- Keep a fresh water supply and stay hydrated, especially in the late summer.

Balance Disorder Symptoms:

- Dizziness and vertigo
- Falling or feeling as though you are going to fall.
- Lightheadedness or a floating sensation
- Blurred vision
- Nausea, vomiting

Treatment

Many balance disorders can be treated with the help of a vestibular rehabilitation therapist. These treatments involve taking patients through a series of movement-based activities specifically designed to target and correct the cause of the balance disorder.

Northern Rehab has several therapists trained to deal with balance disorders. If you've been diagnosed with a vestibular disorder, call or visit us on the web to learn more about vestibular treatment options.

- When fishing or hunting, always be alert for your fellow fishers and hunters.
- Follow park and regional rules when swimming in lakes and streams.
- Remember your limits when lifting camping and hiking gear.
- Plan out hikes and travel during daylight hours.
- Always let a friend or family member know when and where you'll be before heading on an outdoor adventure

Stay safe and have fun during your outdoor endeavors this summer!