

TIP OF THE MONTH

Preventing Falls

So the numbers aren't good. According to the CDC, one in every three adults 65 and older fall each year in the United States. Apparently, not only does the eyesight go, but balance along with it.



The two could be seen as going hand in hand since the worse your vision gets, more likely you are to bump into or trip on something unnoticed. Fear not. Physical therapy may not improve vision, but it does improve the ability to manage and reduce the likelihood of a fall and even more importantly, a resulting hip fracture.

Fall prevention conditioning programs are designed to increase independence with functional activities, functional mobility, and safety awareness while decreasing fall risk. Research has shown that a successful fall prevention program must be multi-dimensional and address all underlying factors in addition to strength and balance. Physical therapists use valid and reliable assessments to determine all the factors affecting each individual's fall risk. Therapy focuses on reducing the factors and decreasing fall risk. This is consistent with the protocols recommended by: The American Geriatrics Society and the American Academy of Orthopedic Surgeons' Panel on Fall Prevention Guidelines.

The main goals of our fall prevention conditioning program are:

- Increase independence with Activities of Daily Living (ADLs)
- Increase independence with functional mobility
- Decrease fall risk
- Prevent future falls
- Increase safety
- Patient education

Not sure if you or someone you know are in need of a fall prevention program just yet? Click [here](#) to take an adapted Tinetti Balance Assessment Tool test to help assess the likelihood of a fall. The Tinetti tool is the oldest clinical balance assessment tool and the widest used among seniors. Once you've taken the test you can review the results or bring it in and we can go over it with you.

Looking for tips to fall proof your home? Click [here](#) for a safety checklist.



PT&Me Featured Article [Hamstring Tightness & Plantar Fasciitis](#)

Plantar fasciitis is classically characterized by pain in the central to medial plantar heel. It is thought to be caused by chronic inflammation of the plantar fascia due to repetitive strain and..[more](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



"It's not hard to make decisions when you know what your values are"

— Roy Disney

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

White Chicken Chili

Thanks to our friend Dan for this great recipe! It's super easy to do and you can put it in the slow cooker overnight!



Ingredients:

- 3 - 15oz cans of Great Northern Beans – drained
- 2 lb boneless chicken breast
- 1 large chopped onion
- 2 jalapeno peppers - stemmed, seeded & chopped
- 2 garlic cloves – minced
- 2 - 4.5oz cans of chopped green chilies
- 1/2 tsp of salt
- 2 tsp of cumin
- 14 oz can of chicken broth
- 1 cup water
- Sour cream
- Cheddar cheese

Directions:

1. Brown the chicken in skillet with 1 tsp of oil - cube after browning
2. Combine all ingredients (except sour cream and shredded cheese) into the slow cooker
3. Cover - cook on low 8-10 hours or on high 4-5 hours
4. Ladle into bowls and top with the sour cream and shredded cheese