



TIP OF THE MONTH

Preventing Falls in the Home

While falls can happen anywhere, more than half of them happen in the home. One in every three adults 65 and older fall AT HOME each year in the U.S. One of the easiest ways to help prevent a fall is to make sure that certain tripping hazards are addressed and removed. We have compiled a short list below to help you get started.

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RISKS TO CONSIDER WHEN FALL PROOFING YOUR HOME

LIGHTING

- Is the lighting adequate, especially at night?
- Are stairways well lit?
- Is there a working flashlight in case of power failure?
- Can lights easily be turned on even before entering a dark room?

SURFACES

- Are there any wet surfaces that are frequently wet?
- Are steps and stairs in good repair and the appropriate rise?
- Do steps have handrails in good repair?

TRIP HAZARDS

- Are there throw rugs in the walking path?
- Does the family pet often sleep in walking paths?
- Is the carpet in good repair without tears or fraying?
- Are there extension cords or raised door sills in the walking paths?
- Is there a clear path from the bed to the bathroom?

For a printable guide on tips to fall proof your home and more information about balance and fall prevention physical therapy programs, [click here](#)

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



“Keep your eyes on the stars, and your feet on the ground.”

— Teddy Roosevelt

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

Ginger Beef Stir Fry

Looking for something different to serve the family that doesn't take a lot of time? This recipe is delicious and only takes 30 minutes to make!



Ingredients:

- 2 lbs of round steak
- 2 tsp of canola oil
- 3 stocks of broccoli
- 1 large onion or (2 small onions)
- 1 large bell pepper or (2 small bell peppers)
- 2 tsp of ground ginger
- 2 tsp of soy sauce

Prepare:

- Cut the steak diagonally against the grain into 1/4" strips. Then cut into smaller 2" inch strips.
- Cut onion and pepper into bit size pieces.
- Cut and steam broccoli

Directions:

1. In a large skillet, heat 1 tbsp oil to medium high and add steak. Quickly stir fry the steak, about 5 - 10 mins. Stir frequently. Add the ground ginger and soy sauce. The sauce will thicken. Reduce heat to low.
2. In a medium skillet, add 1 tbsp oil and sauté onion on medium low heat, until translucent. Add bell pepper and sauté until it is tender.
3. Combine onions, bell pepper and broccoli to the round steak. Add soy sauce to taste.
4. Serve over a bed of rice of your choice.



PT&Me Featured Article

[Fall Prevention Programs Can Keep You On Your Feet](#)