

TIP OF THE MONTH

**Fall Prevention Tips for the Home**

Aging is a natural process, and even though more seniors over 65 choose to live a more active lifestyle, falls still affect a third of the population 65 and over – increasing to 50% by age 80.



The ability to stay independent and in your home as you age is so important, and can easily be encouraged by making a few modifications to the living space. To help get you started we've included some tips to help "fall proof" your home.

**Furniture:**

- Move the furniture around to clear a path for walking
- Ask someone to help move the furniture if you can't do it by yourself.

**Throw Rugs:**

- Remove throw rugs.
- Use a non-slip backing or double-sided carpet tape to hold rug in place.

**Lighting:**

- Use light bulb of proper & maximum wattage to provide good lighting.
- Add overhead lights at the top and bottom of stairs and steps.
- Use light switches that glow to aid in finding the light at night.
- Be sure a bedside lamp is easy to reach or keep a flashlight next to the bed.
- Add night lights between the bedroom and bathroom.

**Stairs & Steps:**

- Remove objects and keep steps clear of clutter.
- Fix loose handrails or ask a professional to install new ones.
- If they are carpeted, make sure it is firmly attached to every step.

**Tub/Shower Floors:**

- Use a non-slip rubber mat or self-stick strips on the floor of tub/shower.
- Consider having grab bars professionally installed inside and next to tub/shower and toilet. Or, use an elevated toilet seat.
- Mount liquid soap and shampoo dispensers to the shower wall so you do not have to reach or bend for soap or shampoo.

For more ways to help fall proof a home, [click here](#). If you are currently exhibiting signs of weakness or balance deficits, don't wait until you fall to look for help. We provide a fall prevention physical therapy program that can help increase your strength and balance – making a fall less likely to occur. More information about our fall prevention program can be found [here](#).



**PT&Me Featured Article:**  
[Heart Healthy Physical Activity](#)

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



**“Every day is a good day to be alive, whether the sun's shining or not.”**

— Marty Robbins

**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**

**Marinated Chicken Breast**

I wish we could take credit for this one, but we can't. We found this online and have been hooked ever since. This recipe is from [www.tasteofhome.com](http://www.tasteofhome.com)



**Ingredients:**

- 1/2 cup red wine vinegar
- 1/2 cup reduced-sodium soy sauce
- 1/2 cup olive oil
- 1 tablespoon dried parsley flakes
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- 6 boneless skinless chicken breast halves

**Directions:**

1. Put everything together in a large Ziploc bag and marinate overnight
2. You can either choose to bake the chicken at 400° for 20 minutes in the oven with the leftover juices in the bottom of the pan or...
3. You can grill the chicken over medium low heat for 6-8 minutes on each side

Click [here](#) for the complete recipe with Caesar salad.