

### TIP OF THE MONTH



#### What Causes Falls?

Statistics show that the majority (60 percent) of falls happen on the same level resulting from slips and trips. The remaining (40 percent) are falls from an elevated position. Common causes of falls are:

- Wet or oily surfaces
- Low lighting
- Reaching for something beyond arm's length
- Loose, unanchored rugs or mats, or flooring that does not have the same degree of traction in all areas

As we age, we become more susceptible to falls. According to the CDC, one in every three adults 65 and older fall each year in the United States. Physical impairments, such as weakness, a lack of mobility, or poor vision are a main cause of falls. To help you determine the likelihood of a fall, we have created a short quiz. You can rank your confidence level on a scale of 1-5 (1 being the least & 5 having the most) for each of the following activities.

1. Walking around the house
2. Going up or down stairs
3. Bending over and picking something up off the ground
4. Standing on your tiptoes to reach something above your head
5. Standing on a chair to reach for something
6. Getting in and out of a car
7. Being bumped by people while walking in a crowded area
8. Walking on uneven terrain

If your answers are mostly 1-3, you may be at risk for a fall, but that's okay. Physical therapy can help improve the ability to manage and reduce the likelihood of falls. More information about how physical therapy can prevent falls can be [found here](#). If you have any questions or would like to go over your answers with a therapist, please feel free to call.



Featured Article: [Fall Prevention Tips in the Home](#)



***“It’s not whether you get knocked down, it’s whether you get back up.”***

— Vince Lombardi

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

### 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

#### Skillet Enchilada Bake

With school being back, life seems to be a bit more hectic. We found this recipe and it's a perfect one-pot weeknight meal. Full recipe: <https://www.dashofsanity.com/skillet-enchilada-bake/>



#### INGREDIENTS

- 1 pound ground beef
- 1/2 cup onion
- 4 ounces diced green chilies
- 1 cup frozen corn
- 14.5 ounce can black beans drained
- 2 cups enchilada sauce
- 4 cups shredded cheddar cheese
- 7 tortillas

#### TOPPINGS

- Tomatoes diced
- Sour cream
- Salsa
- Fresh cilantro chopped

#### DIRECTIONS

1. Preheat the oven to a low broil
2. Half the Tortillas and cut them into two piles of one inch squares
3. In a large skillet cook the ground beef and onions until the meat is done all the way through
4. Over medium heat add in the corn, beans, chilies and sauce. Cover for 5 minutes
5. Stir in 2 cups of cheese and half of the tortillas
6. Remove from heat, top with the remaining tortillas and cheese
7. Put in the broiler until the cheese melts (3-5 min)
8. Add your toppings of choice and enjoy!