



TIP OF THE MONTH

Preventing Falls with Physical Therapy

In 2018, 1 in 4 older adults reported falling — that’s about 36 million falls per year. The numbers are increasing, but can also be prevented. Balance, the ability to control and maintain your body’s position as it moves through space is an integral part of daily life. There are conditions that may impair your sense of balance and contribute to falls. The effects of aging are the most common causes of balance problems, but injury and disease can also create problems.

Causes of Increased Falls Include:

- Impaired Strength, Flexibility, and Endurance
- Poor Posture (Slouching forward and rounded shoulders can cause unsteadiness)
- Disease (Diabetes, [Osteoporosis](#))
- [Home Hazards](#) (lighting, obstructed walkways, small pets, cords)
- [Winter Conditions](#) (slick sidewalks, high winds, icy parking lots)
- Medications (tranquilizers, heart medicines, blood pressure)

Fall Prevention Programs:

Fall prevention programs offered by physical therapists 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. A program must 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.

Fall Prevention Factors Assessed:

- Medical history
- Static/dynamic balance
- Functional balance
- ADL (Activities of Daily Living) performance
- Strength
- Range of motion
- Proprioception
- Cognition/vision/perception
- Safety awareness
- Extrinsic factors/home conditions

Balance & Fall Prevention Programs are tailored to each individual’s needs. The length of the program is dependent on the severity of the symptoms and the goals of each individual. If you or someone you know has experienced a fall within the past year, or if you are concerned about increased weakness please reach out for more information about the programs we have available.

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



“There is nothing impossible to them who will try.”

– Alexander the Great

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

Matcha Chia Seed Pudding

Make this ahead of time for breakfast or as a snack on the go. This recipe is packed with nutrients and tastes great!



INGREDIENTS:

- 1 cup coconut milk
- 1 cup plain Greek yogurt
- 2 tablespoons maple syrup
- 2 teaspoons matcha powder
- 1/4 cup chia seeds
- Toppings of choice

DIRECTIONS:

1. In a bowl combine cup coconut milk, cup Greek yogurt, maple syrup, and matcha powder. Whisk until combined, then stir in chia seeds.
2. Cover and refrigerate overnight.
3. Scoop your pudding into single serve containers, top with the fruit and granola of your choice!



SLEEPING WITH SHOULDER PAIN



Featured Article: [Sleeping with Shoulder Pain](#)