



TIP OF THE MONTH

Physical Therapy Proven to Lower Risk of Opioid Use and Emergency Room Visits After a Fall

If you've watched the show [Painkiller on Netflix](#), you've seen Glen's storyline. He's a small business owner who experiences a fall from a height. After a few PT visits, he asks his doctor for painkillers, and from there, his life begins to spiral. Glen is fictional, but the reality is that the scenario could have been entirely different had he continued with physical therapy and didn't rely on an opioid to relieve his pain. How often do we mask our symptoms with pain relievers instead of getting to the root of our problems? Too often. Fortunately, fall prevention programs have proved to help patients reduce dependence on opioids and avoid reinjury and future emergency department (ED) visits, giving seniors peace of mind while avoiding cost-prohibitive hospital stays and procedures.

The Statistics:

Based on a recent 18-month-long study done by the Moran company, by analyzing Medicare fee-for-service patients, analysts found that patients who went to physical therapy for a fall were 39% less likely to use opioids for 6 months following the injury. Opioid reduction usage continued to last at lower percentages through to 18 months post-fall. With opioids the culprit of over **75% of all drug overdose deaths (more than 80K) in 2021**, the number of possible lives saved is significant.

In addition to curbing opioid usage, patients going through fall prevention programs were 50% less likely to have an injury-related hospitalization and 50% less likely to have an injury-related ED visit in the 6 months following the initial fall. One out of every five falls causes an injury leading to about **3 million older adults being treated in emergency departments** for fall injuries. That's more than the total population of Chicago.

Physical Therapy Fall Prevention Programs:

Our **fall prevention programs** help seniors reduce the need for opioid use, stay out of emergency rooms, and improve their overall standard of living. Patients that can most benefit from this program are seniors that

- Have experienced a fall in the last year
- Feel unsteady when standing or walking
- Struggle with controlled descent and ascent
- Have a fear of falling

Getting old does not mean getting weak. Our programs are designed to help seniors improve their strength, mobility, and independence. If you would like more information or to schedule a fall risk screen, please contact us directly.

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



"The wound is the place where the light enters you."

— Rumi

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

Creamy Tomato Soup

Few things say back to school like tomato soup and grilled cheese. We found this version from [jenniferbantz.com](#) and loved it. We hope you enjoy it as much as we do!



INGREDIENTS:

- 24oz Jar of Rao's Homemade Marinara Sauce
- 1 cup chicken broth
- ½ cup heavy cream
- 2 T Tomato paste
- 2 T sugar/sugar substitute
- Salt and pepper to taste

DIRECTIONS:

1. Puree the marinara sauce in a blender until smooth
2. Add all of the ingredients into a medium-sized pot and stir with a whisk until combined
3. Heat to simmering
4. Add salt and pepper to taste and enjoy!



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