



TIP OF THE MONTH

Easy Ways to Fall Proof Your Home

While falls can happen anywhere, more than half occur in the home. More than **one in every four adults 65 and older** falls each year in the U.S. One of the easiest ways to help prevent a fall is to make sure that **specific tripping hazards** are addressed and removed. We've compiled a short list below to help you get started.

Common Warning Signs for Falling Are:

- Feeling pain or stiffness when you walk
- Needing to walk slower or to hold on to things for support
- Feeling dizzy or unsteady when you get up from your bed or chair
- Feeling weak in your legs
- You take more than one medication
- You have problems seeing
- You have had at least one fall in the past year

Risks to Consider When Fall-Proofing Your Home:

Lighting

- Is the lighting adequate, especially at night?
- Are stairwells 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?

If you feel that you are at risk for falls, talk to your physical therapy provider. Most physical therapy clinics provide a **fall risk assessment and prevention program** that can help seniors reduce the likelihood of a fall and increase the ability to live independently. Fall prevention programs mainly focus on core strength, flexibility, and patient education. Please reach out to us directly for more information.

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



*“Keep your face always toward the sunshine, and shadows will fall behind you.”*

– Walt Whitman

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

ABC Juice

This power-packed drink has endless benefits, from increasing immunity to lowering blood pressure & inflammation, to detoxing your liver & gallbladder, to weight loss, and more. Added bonus - it tastes great



INGREDIENTS

- 1 large green apple
- 1 small beetroot
- 2 medium-sized carrots
- 1 lemon
- Water

DIRECTIONS:

- Wash your fruit and veggies properly
- Remove the peel of beetroot and chop all the ingredients into small pieces.
- Put them in a blender or juicer. Add little water. Blend well.
- If using a blender, strain the mixture and set juice aside.
- Serve the juice in a glass with a generous squeeze of lemon to enhance the taste
- Do not add sugar



WHY SHOULD I DO MY HOME EXERCISE PROGRAM?



Featured Article:

**Why Should I do My Home Exercise Program**

When a patient walks in for physical therapy, one of the things they are sent home with is a home exercise program. But why do they do that?