



TIP OF THE MONTH

Fall Prevention for Seniors

More than one in every four adults 65 and older falls each year—that's about 52 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.

Common Causes for Increased Falls:

- **Impaired Strength**, Flexibility, and Endurance
- Poor Posture
- Disease (Diabetes, Osteoporosis)
- **Home Hazards**
- Winter Conditions
- Medications (tranquilizers, heart medicines, blood pressure)

On the fence?

Ask your PT for a **fall risk assessment**.

Fall Prevention Programs are designed to increase independence in functional activities and mobility, and safety awareness, while decreasing fall risk. We use reliable assessments to determine the **factors affecting a person's fall risk**. Our program is then built to address a patient's specific underlying factors while focusing on strength and balance.

We're here to help.

EXERCISE OF THE MONTH

Resisted Knee Lifts

Resisted knee lifts are a low-impact exercise that's great for seniors. Doing these regularly can help build lower-body strength and improve balance.



FIGHTING SARCOPENIA (MUSCLE LOSS DUE TO AGING)



Featured Article:

Fighting Sarcopenia (Muscle Loss Due to Aging)

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



"The most important step a man can take. It's not the first one, is it? It's the next one. Always the next step." — Brandon Sanderson

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

Banana Samoa Cookies

These banana Samoa cookies, from **The Conscious Plant Kitchen**, are a wholesome, kid-friendly back-to-school snack made with just five simple ingredients and naturally sweetened with banana.



INGREDIENTS:

- 1 Large banana, mashed
- 1.5 cups of desiccated coconut
- Half cup of peanut butter
- 1 tsp of vanilla extract
- Pinch of salt
- Melting chocolate of choice

DIRECTIONS:

1. Preheat oven to 350° and line a baking sheet with parchment.
2. In a bowl, mix all the ingredients except for the melting chocolate until combined.
3. Scoop your cookies onto the tray: It should make 8.
4. Bake for 13 -16 minutes and let cool.
5. Melt the chocolate per the product's instructions and drizzle onto the top of your cookies.
6. Let cool and enjoy!