



# FYZICAL<sup>®</sup>

Therapy & Balance Centers

## 30/30 Fall Prevention & Balance Class Part 1/2



**FYZICAL<sup>®</sup>**  
Therapy & Balance Centers

# My Background

- \* Graduated Doctorate in Physical Therapy (DPT) from Bradley University in 2016
- \* Residency with Evidence in Motion (EIM) completed 2017-2019 to earn Board Certification in Orthopedics (OCS) in 2019
- \* Managed multiple outpatient orthopedic physical therapy clinics in the south suburbs 2018-2021
- \* Opened Fyzical Therapy and Balance Centers fall of 2021
- \* Locally owned and operated



# Balance Basics and Fall Prevention

# Falls and trip hazards

- \* Falls are the leading cause of fatal and non-fatal injuries and hospitalizations among older adults
- \* In America, an older adult falls on average every second
- \* Falls most often occur from ground level
- \* Simple preventative measures can reduce a large amount of time and suffering in the future



# What Do the Statistics Say?

**“Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten a senior’s safety and independence, and generate enormous economic and personal costs.”**

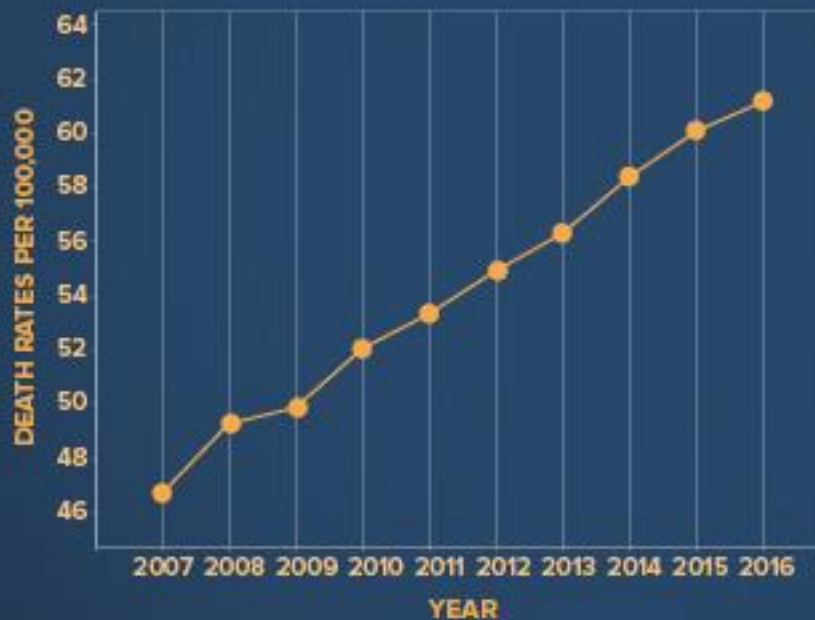
- - Falls among adults 65 and older caused over 34,000 deaths in 2019, making it the leading cause of injury death for that age group
- -In 2019, emergency departments recorded 3 millions falls from older adults

# Increasing Burden on Medicare

- In 2005 the cost from falls for adults 65 years of age and older totaled **\$350 Million**
- In 2013, the direct medical cost of fatal and non-fatal fall injuries totaled over **\$34 Billion**
- In 2020, the total cost was over **\$67.7 Billion!**

# Fall Death Rates in the U.S. **INCREASED 30%**

FROM 2007 TO 2016 FOR OLDER ADULTS



If rates continue to rise,  
we can anticipate

**7 FALL  
DEATHS**  
EVERY HOUR  
BY 2030

Learn more at [www.cdc.gov/HomeandRecreationalSafety](http://www.cdc.gov/HomeandRecreationalSafety).



# Why Is This Relevant?

- 1 out of 5 falls results in a serious injury such as broken bones or a head injury
  - Every 19 minutes, a senior dies due to an unintentional fall
    - Fear of falling
    - Sedentary behavior
    - Impaired function
    - Lower quality of life





# What Can WE Do?

Falls are **NOT** an inevitable result of aging!

The number of falls among seniors can be reduced by:

- Evidence-based interventions
- Practical lifestyle adjustments
- Clinic - community partnerships



# Simple Steps to Prepare

- Fall alert devices
  - Life alert: \$50-\$90/month
  - Medical Guardian: \$30-\$45/month
  - Apple Watch 4 or later or Apple Watch SE: \$100-\$600 one time cost
  - Echo Dot (Alexa): \$20 one time cost



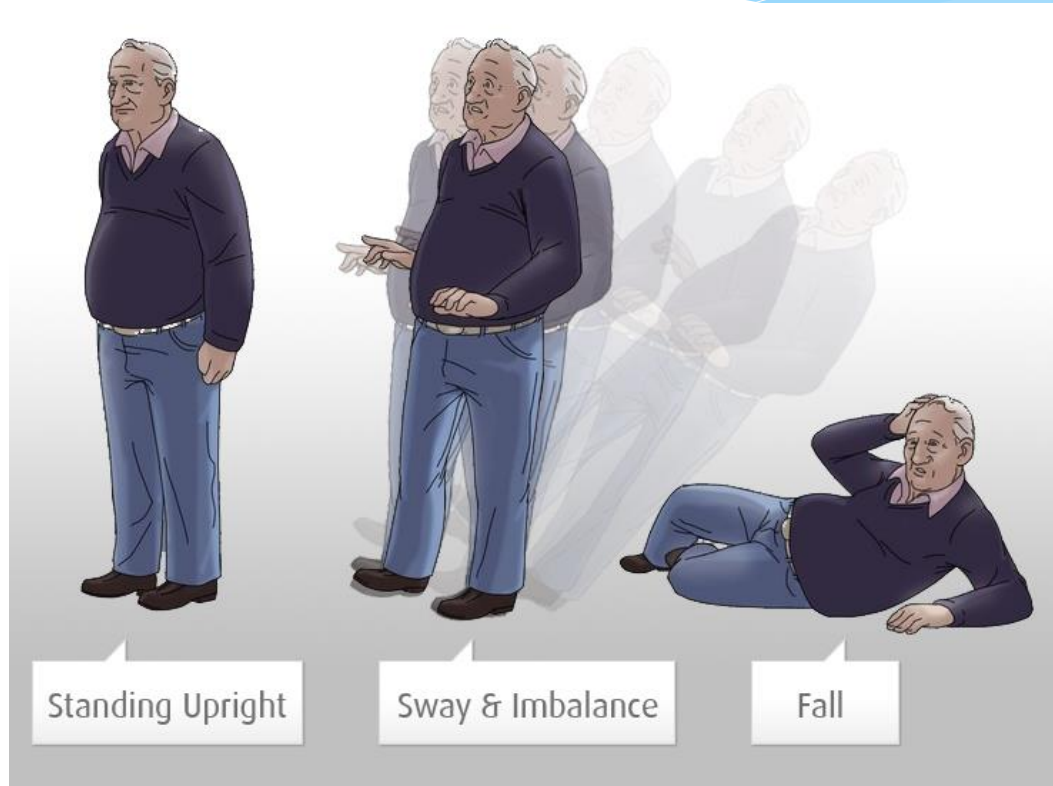
**MEDICAL GUARDIAN**  
LIFE WITHOUT LIMITS

**Connects to Your Landline**  
The Classic Guardian is especially practical for rural and isolated areas with potentially unreliable broadband connection and/or cell service.

**Power Outage Protection**  
Your medical alert system has a 30-hour back-up battery life, protecting you in any unexpected incident.

A white, rectangular Medical Guardian Classic Guardian device with a circular button and a small screen.

# PREVENTION is KEY!



# PREVENTION is KEY!

## “Use it or Lose it”

- Our balance gets worse as we age, mainly because *we quit challenging it*

QUESTION we are commonly asked:

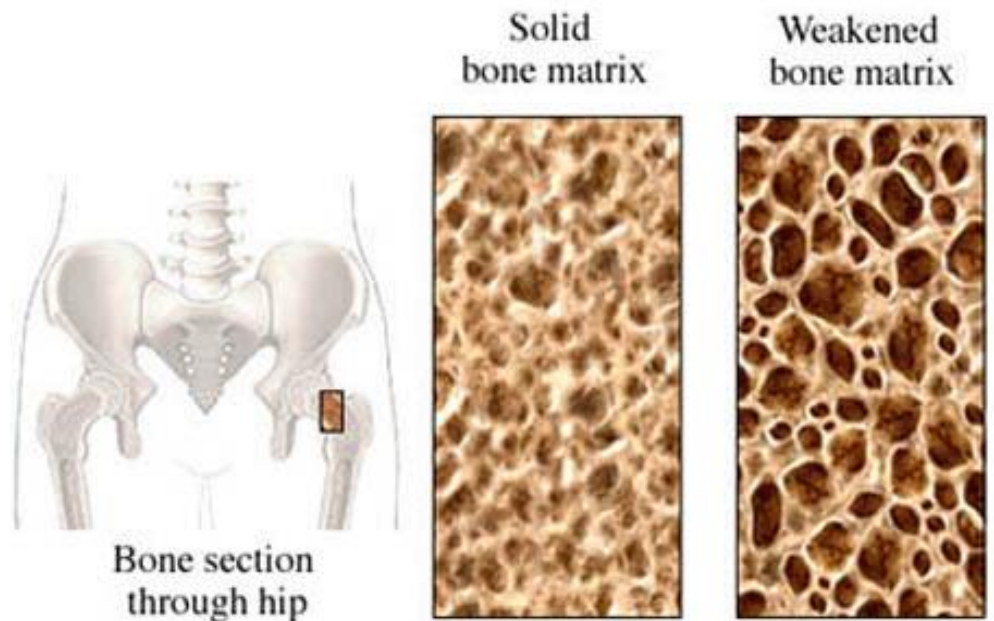
“Am I too old to have good balance?”

**NO!** The balance system is like a muscle, you can train it and improve your stability and endurance

# Helpful Hints

## Bone Density

- This should be checked approximately every 5 years
- If osteoporosis is prevalent, have this checked more frequently





- Clear walkways inside and outside of the home of any clutter, extension cords, and other obstacles that could cause tripping
- Stay active and maintain strength and balance with exercise and physical activity to reduce risk of falling

# Where do most falls occur at home?

## The **BATHROOM!**



# How can we DECREASE the risk?



1. Grab bars
2. Non-slip tub surface
3. Sitting in tub instead of standing
4. Night light – to enhance ability to see at night
5. If bladder control problems – urinal or bedside commode



# At Home Testing

## 5 Time Sit to Stand Test:

- Rise from sitting to standing 5 times in a row
- Record time taken to complete task
  - 12s or higher indicates need for balance referral
  - 15s or higher indicates high likelihood of fall in the next 12 months

## Single Leg Stance Test:

- Attempt to stand on 1 leg without support of arms
- Try each leg, record time standing
  - 5s or less indicates high likelihood of falls

## Timed Up & Go (TUG):

- Rise from a chair, walk 10 meters, turn around and return to sitting in the chair
- Record time taken to complete task
  - 13s or higher indicates high likelihood of falls

# How Can I Improve My Balance?

- Regular aerobic exercise
- Regular strength training
- Flexibility work



Exercise *is* Medicine!



# How Physical Therapy Can Help You

1

Test 3 sensory systems with state of the art equipment

2

In-depth testing of Vestibular system with IVOG

3

Gait testing to identify dynamic balance concerns or need for orthotics

4

Test Flexibility of core and lower extremities

5

Test Strength of core and lower extremities

6

Design a physical therapy plan of care to address deficits found for return to safe active lifestyle

# Real Life Success Story

Peter, a 95 year old patient of Fyzical Traverse City, MI, had goals: to reduce his number of falls, improve his balance, and remain living independently.

Watch his story!

[https://www.youtube.com/watch?v=vBvzBmEwn\\_s&t=11s](https://www.youtube.com/watch?v=vBvzBmEwn_s&t=11s)

# THANK YOU



# LOVE YOUR LIFE

