



FYZICAL[®]

Therapy & Balance Centers

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



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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.”

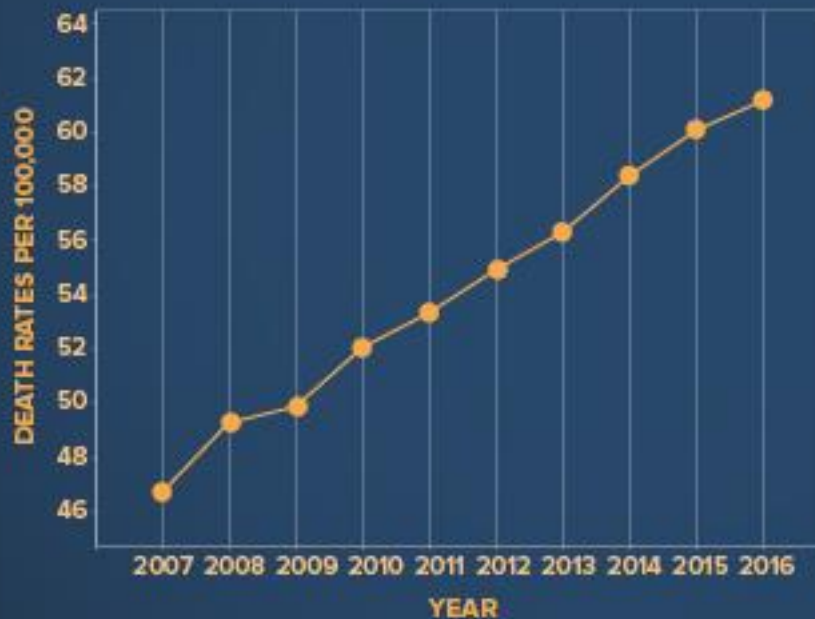
- - Falls among adults 65 and older caused over 34,000 deaths in 2019, making it the leading cause of injury death for that age group
- -In 2019, emergency departments recorded 3 millions falls from older adults

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.



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



How Can I Improve My Balance?

- Regular aerobic exercise
- Regular strength training
- Flexibility work



Exercise *is* Medicine!



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

Seated Trunk Rotation



Sets: 1 **Reps:** 1 **Resistance:** -- **Hold:** 1 min **Rest:** -- **Times Per Day:** -- **Times Per Week:** --

Description:

Begin with sitting on chair with upright posture and feet flat on the ground in front of you. Place arms straight out in front of at shoulder height clasping hands together. Begin movement by slowly rotating at your waist to your side and then to the other side of your body making sure to keep your arms straight out front of you. Be sure to keep your abdominals tight throughout the exercise. Repeat as directed.

Standing Large Arm Circles - Forward



Sets: 2 **Reps:** 1 **Resistance:** -- **Hold:** 1min **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 7

Description:

Stand with your feet shoulder-width apart, arms by your sides. Slowly rotate your arms forwards in a large circular motion.

Standing March with Support



Sets: 1 **Reps:** 1 **Resistance:** -- **Hold:** 2 min **Rest:** -- **Times Per Day:** -- **Times Per Week:** --

Description:

Begin by standing with a chair at your side, feet shoulder width apart, toes pointing forward. While holding onto chair with single hand alternate raising your knees upward to waist level till hip and knee is at 90 degrees. Keep your abdominals tight and stand upright while looking forward. Repeat as directed.



Mini Squats with Support



Sets: 3 **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** -- **Times Per Week:** --

Description:

Begin by standing and holding onto a stable surface with feet shoulder width apart and directly underneath your hips. Squat by bending from your hips and then knees like you were going to sit back in a chair. Squat down a few inches, until knees are bent to about a 45-degree angle. Repeat as directed. Tip: keep your feet flat and do not allow your knees to go in front of your toes.



Feet Together with Eyes Closed



Sets: 2 **Reps:** 1 **Resistance:** -- **Hold:** 1 min **Rest:** -- **Times Per Day:** -- **Times Per Week:** --

Description:

Starting Position: Standing with feet as close together as possible and eyes-closed. **Movement:** Maintain your balance. **Tip:** For safety, perform this exercise with a solid object, such as a chair or counter nearby

Tandem Stance with Chair Support



Sets: 2 **Reps:** 1 **Resistance:** -- **Hold:** 1 min **Rest:** -- **Times Per Day:** -- **Times Per Week:** --

Description:

Starting Position: Standing while holding onto a chair for support, place one foot in front of the other so that the heel of one foot is up against the toes of the other. **Movement:** Attempt to balance for as long as prescribed. **Tip:** Use the chair for support as much as necessary, but as little as possible.



Heel Raise



Sets: 3 Reps: 15 Resistance: Hold: Rest: Times Per Day: Times Per Week:

Description:

Begin by standing in front of a stable surface. Gently lift both heels of the ground and push up onto your toes keeping your knees straight. When fully lifted, slowly lower your heels back to the ground. Repeat as directed.

Standing Hip Abduction (Right)



Sets: 3 **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** -- **Times Per Week:** --

Description:

Begin standing on flat ground. Place one hand on a railing or piece of stable furniture for stabilization. Lift the leg to be exercised out to the side while keeping the knee straight and toes pointed forward. Be sure keep the trunk and pelvis pointed forward. Slowly lower back to starting position. Repeat as directed.



Sit to Stand



Sets: 3 **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** -- **Times Per Week:** --

Description:

Begin in seated position. Lean forward and push through your heels to stand fully upright without using your hands, return to sitting by leaning forward, bending knees and controlling descent back into chair. Repeat as directed.

Standing Calf Stretch



Sets: 2 **Reps:** 1 **Resistance:** -- **Hold:** 1min **Rest:** -- **Times Per Day:** -- **Times Per Week:** --

Description:

Begin by standing and holding onto a stable surface. Step back with the leg you wish to stretch and gently lean forward, bending your front knee. Make sure to keep your back knee straight and heel firmly planted on the ground. Continue until you feel a stretch in your calf.

Hold and repeat as directed.



Standing Quad Stretch



Sets: 2 Reps: 1 Resistance: -- Hold: 1min Rest: -- Times Per Day: -- Times Per Week: --

Description:

While standing in front of a stable surface, bring your heel on the side you wish to stretch towards your buttocks and hold it there with your hand. Hold as directed. Repeat as directed.

Seated Hamstring Stretch



Sets: 2 **Reps:** 1 **Resistance:** -- **Hold:** 1min **Rest:** -- **Times Per Day:** -- **Times Per Week:** --

Description:

Begin seated towards edge of chair. Straighten the leg that you wish to stretch in front of you so that knee is straight and the heel is resting on the ground. Place hands on the thigh of your straight leg and as you lean forward let your hands slide down your leg towards your foot. You should feel a stretch in the back of your leg. Hold as indicated. Slowly return to starting position. Tip: bend forward from your hips while keeping back flat.

Seated Lumbar Flexion



Sets: 2 **Reps:** 1 **Resistance:** -- **Hold:** 1 min **Rest:** -- **Times Per Day:** -- **Times Per Week:** --

Description:

Begin by sitting at the edge of a chair with your legs spread. Place both hands between your legs and gently lean forward, allowing your lower back to bend. Hold as directed. Repeat as directed.

Seated Hip External Rotation Stretch



Sets: 2 **Reps:** 1 **Resistance:** -- **Hold:** 1min **Rest:** -- **Times Per Day:** -- **Times Per Week:** --

Description:

Starting Position: To stretch your RIGHT hip, place your RIGHT foot on your LEFT knee. **Movement:** Push your RIGHT knee towards the floor. **Hold and repeat as prescribed.** **Tip:** To increase the stretch lean forward while keeping your back straight.

THANK YOU



LOVE YOUR LIFE

