

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER



MARCH, 2021

ARE YOU AT RISK OF SUSTAINING A FALL-RELATED INJURY? **GET BACK ON YOUR FEET WITH PHYSICAL THERAPY**

INSIDE:

- How Will Physical Therapy Help Reduce My Fall Risk?
- Healthy Recipe
- KC's Corner
- Safety Overhead System



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ARE YOU AT RISK OF SUSTAINING A FALL-RELATED INJURY? GET BACK ON YOUR FEET WITH PHYSICAL THERAPY

Did you know that 1/3 of the population over 65 falls each year? Every 11 seconds, an older adult is rushed to the emergency room for a fall. Every 19 minutes, an older adult dies from a fall.

According to the Centers for Disease Control (CDC), over 2.5 million adults were treated for nonfatal injuries in emergency departments in 2013. In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about keeping their balance in shape until it is too late and they suffer a harsh fall. The good news is that most falls can easily be prevented, simply by the regular exercising of your balance system. If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately, in order to avoid additional injuries in the future. It is important to note that you should also contact a physical therapist if you have any of the following symptoms:

- Dizziness or vertigo ("spinning" sensations, even when remaining still).
- Inability to focus or remain alert.
- Double vision or tunnel vision.
- Nausea or vomiting.
- Arm or leg weakness.
- Abnormal eye movements.
- Difficulty standing up from a seated position or standing for prolonged periods of time.

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time? Have you suffered from a fall in the past? Are you worried that you may be at risk of sustaining a fall-related injury? If so, contact FYZICAL today so we can help you figure out the root of your problem and treat it accordingly.

Am I at risk of falling? Some people have a higher risk of falling than others. Certain risk factors include:

- Advanced age.
- Being female.
- Living a sedentary life.
- Previous history of falls.
- Vertigo or dizziness.
- Parkinson's disease.
- Alzheimer's disease.
- Heart disease.
- Diabetes.
- Previous stroke or heart attack.
- Arthritis or alternative joint pain.
- Problems with vision.



HOW WE ARE KEEPING YOU SAFE

- Social distancing
- Sanitizing equipment between each patient
- Everyone is wearing masks
- Everyone's temperature is being checked upon arrival

- Problems with walking or staying balanced.
- Fatigue.
- Overall poor health.

Your physical therapist will assess your medical history to determine how many risk factors toward falling you may have. They will educate you on what these factors mean, as well as steps you can take to decrease your risk. After this, they will perform a thorough physical evaluation to figure out what the best treatment plan for you will be.


www.FYZICAL.com/travelers-rest

HOW WILL PHYSICAL THERAPY HELP REDUCE MY FALL RISK?

A recently published systematic review by Cochrane, comprised of over 100 randomized controlled trials, supports exercise interventions as an effective treatment method for patients with an increased risk of falling. The average age of patients in this review was 76, and 77% of the patients were women. Results concluded that those who participated in exercise interventions had a 23% decrease in falls as compared to the control group. Fall risk was also reduced at 21-24%, depending on if treatments were done in individual or group settings. The risk of fall-related fractures was decreased by 27% and the number of falls that required medical attention was decreased by 39%. Concluding statements from the authors demonstrated how overall, "Exercise reduces both the rate of falls...and the number of people experiencing falls."

At FYZICAL, your initial physical evaluation may consist of several parts to better determine what your most problematic factors are. These may include vision tests, thinking tests, resting heart rate checks, active heart rate checks, and evaluations of your gait, balance, range of motion, and strength.

Based on the results of this evaluation, your physical therapist will design a treatment plan around your specific needs. These plans are aimed first and foremost at reducing your risk of falling, but they will also aid you in improving balance, strength, flexibility, endurance, and overall movement. Some common forms of treatment include:

- **Pain management.** Your physical therapist will want to make sure that your treatment is as comfortable as possible, so you will work together on relieving pain first, before continuing into any other forms of physical activity that may bring you discomfort.
- **Walking and moving programs.** This part of your treatment plan is aimed at getting you back to your normal physical function when walking and/or moving.
- **Balance training.** Balance is a large part of fall prevention, as lack of stability is one of the main reasons why falls occur. Your physical therapist will design a balance training plan for you as part of your treatment.



- **Strength training.** Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement.
- **Endurance training.** Endurance training is all about working up to more advanced levels of the same form of treatment. Your physical therapist will provide you with an aerobic exercise program and will slowly add on time to those exercises as your endurance improves.

CONTACT US TODAY AT (864) 834-4995!

Are you ready to get back on your feet by improving your balance and decreasing your risk of sustaining a fall-related injury? **Contact FYZICAL to schedule a consultation and get started today!**

CHOCOLATE SHAMROCK SHAKE

INGREDIENTS

- 2/3 cup milk of choice
- 1/3 cup canned coconut milk, or creamer
- 1 frozen banana (or sub 2/3 cup frozen coconut meat)
- 2 1/2 tsp cocoa or cacao powder
- scant 1/8 tsp salt
- 1/8 - 1/4 tsp pure peppermint extract



- sweetener of choice, (as desired)
- chocolate chips, (optional)

DIRECTIONS

Blend all ingredients until completely smooth. Pour into a glass, and enjoy! Feel free to experiment by adding 1 tsp of instant coffee to make a frappe, or use a non-frozen banana and heat ingredients on stove top to make Shamrock Hot Chocolate!

REFER A FRIEND

GET A FREE WATER BOTTLE

**FYZICAL®**
Therapy & Balance Centers

Refer a friend to our office and get a free water bottle!

Limited to the first 5 people who have a friend schedule

Expires 03/31/21



Patient Success Spotlight



"They've saved me from so much pain and helped me get back to exercising and doing all of the other things I love!"

"I'm progressing much better than I expected. I didn't expect to progress as much as I did the first 4 or 5 sessions. I think a lot of it is the therapists finding things that I didn't even know were bothering me. They put me on a better pace than I would! If I slack off they notice it and they push me harder, they keep an eye on me at all times! I love when I'm doing better they always say something to keep pushing me!" - Doug P.

SAFETY OVERHEAD SYSTEM



ZERO RISK FOR FALLS!

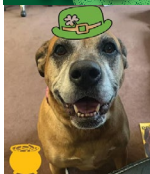
The SOS is an overhead track and harness system designed to PREVENT patients from falling during the rehabilitation process. It is the safest and most efficient way to treat people with balance, gait, orthopedic and vestibular disorders. Instead of using 2-3 extra therapists to help support/hold up a patient, the SOS allows therapists to view total body alignment without worrying about their patient falling. It allows patients to be in weight bearing position safely to increase muscle strength and overall endurance while allowing the therapist to monitor the patient's total progress every step of the way!

Benefits Patients who suffer with:

- Vertigo
- Gait Training
- Post-Operative
- Dizziness
- Amputees
- Migraine And Neck Related Dizziness
- Parkinson's
- Fall Risk
- Multiple Sclerosis
- Musculoskeletal Balance Disorders
- Post-Concussions And Traumatic Brain Injury
- Spinal Cord Injury
- Joint Replacement
- Stroke

Patients are able to rehab quicker, return to full strength in less than average time, make falls a thing of the past, get back their confidence and back to doing everything they love!

KC'S CORNER



Hi everybody! Can you believe we're already about fourth of the way through 2021? I wanted to talk to you all about how much we can help with your balance. Whether you're dizzy, had surgery or just need to build up some strength, our therapists are the masters at getting you back to feeling yourself! We have a balance system in our office that allows anyone to walk without the possibility of falling. I will

be by your side the entire time cheering you on too! I love all of my patients and want to make sure you guys are able to do everything you love in life without having to worry about falling, being in pain or feel like you're not able to do things you used to because of balance issues! If you don't know whether we can help or not, give our office a call because I bet we can! I love you all and hope you've had an amazing year so far! - K.C.

