

MALVERN

PHYSICAL THERAPY

N E W S L E T T E R

ARE YOU AT RISK OF SUSTAINING A FALL- RELATED INJURY?

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.

(continued inside)



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PHYSICAL THERAPY

N E W S L E T T E R

GET BACK ON YOUR FEET WITH PHYSICAL THERAPY

INSIDE:

- How Will PT Help Reduce My Fall Risk?
- Staff Spotlight

- Coupon Corner!
- Exercise Essentials



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 ProActive Physical Therapy 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.
- Diabetes.
- Being female.
- Previous stroke or heart attack.
- Living a sedentary life.
- Arthritis or alternative joint pain.
- Previous history of falls.
- Problems with vision.
- Vertigo or dizziness.
- Problems with walking or staying balanced.
- Parkinson's disease.
- Fatigue.
- Alzheimer's disease.
- Overall poor health.
- Heart disease.

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.

To learn more about how we can help reduce your risk for sustaining a fall-related injury or to get back on your feet, contact us today!



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HOW WILL PT 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 ProActive Physical Therapy, 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. Some common forms of treatment include:

- **Pain management.** If you are feeling painful anywhere, it will be one of the first things addressed in your treatment plan. 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. Your physical therapist may ask you to perform certain activities, such as walking in a circle or completing an obstacle course.

- **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, and may ask you to perform certain balance-based activities, such as standing on one leg or holding your balance while performing a mentally-stimulating task (such as reciting the alphabet or reading a page from a book.)
- **Strength training.** Strength training is typically paired with your balance training. Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement. The goal of this will be to improve your standing and walking balance, as well as your ability to recover from a loss of balance.
- **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. For example, your endurance training may begin at 10-minute sessions and then may progress to 30-minute sessions.

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

SPICED APPLE PANCAKES



INGREDIENTS

- 1 1/3 c. all-purpose flour
- 1 1/2 tsp. baking powder
- 1 1/2 tsp. ground cinnamon, divided

- 1 tbsp. granulated sugar
- 1/2 tsp. kosher salt
- 4 tbsp. butter, divided, plus more for cooking
- 1 large egg, separated
- tsp. pure vanilla extract
- 1 1/4 c. milk
- 4 large apples, peeled, cored, and finely chopped (about 5 to 6 c)
- 1/2 c. dark or light brown sugar

INSTRUCTIONS Mix flour, baking powder, 1 teaspoon cinnamon, sugar, and salt in a medium bowl. Melt 2 tablespoons of the butter. In a large bowl, whisk to combine egg yolk, vanilla, milk, and melted butter. Gently fold dry ingredients into wet ingredients until just combined, then fold in 192 cups of chopped apple. In another medium bowl, using a hand mixer, beat egg white until stiff peaks form. Fold egg white into batter gently with a rubber spatula until just combined. Make apple topping: in a small saucepan over medium heat, melt remaining 2 tablespoons butter. Add remaining apples, brown sugar, remaining 1/2 teaspoon cinnamon, and a 1/4 cup water. Cook, stirring occasionally, until apples have softened and mixture is jammy, 10 to 15 minutes. In a large skillet over medium heat, melt 1 tablespoon butter. Pour about 1/4 cup pancake batter into pan. When little bubbles appear, about 1 to 2 minutes, flip and continue

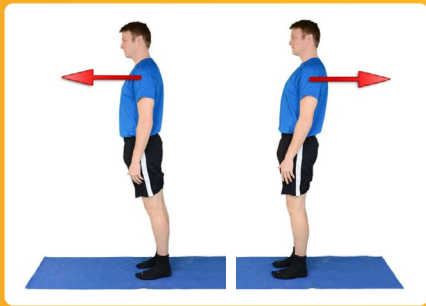
EXERCISE ESSENTIALS

Helps To Improve Balance



ANKLE STRATEGY

Stand with good posture. Sway backwards and forwards keeping your knees and hips straight. Maintain your balance by using your ankles. Sway for 30 seconds. Rest. Repeat 5 times.



Patient Success Spotlight



"A million thanks for no more pain!!!!"

"I visited Pro-Active Physical Therapy in Bryant for the first time. I was in so much pain and mad about it! I couldn't do anything! I finished my therapy feeling fantastic. A million thanks for no more pain!!!! Thank you, Krista and the entire team." - V.F.

IF YOU NEED TO HAVE THERAPY:

- 1) **CHOOSE** Physical Therapy 2) **GO** to all prescribed therapy appointments!

FUN & GAMES

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CALL TODAY!

Staff Spotlight



Krista Adams

*Physical Therapist,
Pro-Active PT Bryant*

Krista is a current resident of Bryant, AR. She has 2 nieces that she loves to spoil and says they are the best in the world! She attended college at UCA for her undergraduate and Harding University for PT school. In her spare time she enjoys relaxing in her hammock and going to the lake. Krista participates in various community service projects throughout her church in Little

Rock and surrounding communities. Krista joined our team in May 2018. She loves being able to help people return to their lives.

When asked what her favorite part of the job is she says:

"Meeting people from all walks of life and being part of their journey along the way." - Krista



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COUPON CORNER!

**ONE FREE
15 - MINUTE
CONSULTATION!**

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