



Fitness In Therapy

Prevent Falls

Falls are the leading cause of accidents in people over the age of 65. Falls are the main cause of more than 90% of hip fractures and 70% of accidental deaths in people over 75 years old. Though falls are a serious matter they are rather effortless to prevent. Keeping your home as safe as possible, regular check-ups with your physician and keeping your self in shape are three easy ways to prevent falls.

Main causes of falls:

- ♥ Poor eyesight or hearing
- ♥ Decreased strength and balance
- ♥ Hazards in the home such as poor lighting and throw rugs
- ♥ Neurological changes due to aging
- ♥ Postural instability
- ♥ Slowed reaction time
- ♥ Diminished sensory awareness

How to Prevent Falls:

- ♥ Wear shoes, nonskid
- ♥ Light your home
- ♥ Use night lights
- ♥ Remove throw rugs
- ♥ Grab bars in bathroom
- ♥ Don't climb on stools

Regular Check-ups:

- ♥ Eyes and hearing
- ♥ Feet
- ♥ See a doctor if your dizzy
- ♥ Use a cane or walker if needed

Begin a Regular Exercise Program.

Exercise is one of the most important ways to reduce your chances of falling. The goal is to build strength, improve balance and coordination. If you are unsure how to do this talk to your doctor about implementing physical therapy into your life.

Physical therapy can help you learn to develop and maintain higher levels of strength, flexibility, and endurance in a way that still feels safe and secure. The therapist working with you may suggest an assistive walking device such as a cane and he or she will design an exercise regiment specific to your needs with an emphasis on strength, flexibility, and gait training. Balance is a skill that many people today are able to keep throughout their lives and physical therapy can help with that. Physical therapists are experts at retraining the human body to make the most of its capabilities.

This program is all reimbursable by insurance.

*Email topics or questions to:
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#1 In Physical Therapy