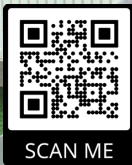




AVOID INJURIES BY IMPROVING YOUR  
**BALANCE WITH PHYSICAL THERAPY**

[www.TherapyWestPT.com](http://www.TherapyWestPT.com)



Has your pain come back? We would love to help!  
Give us a call or visit [www.TherapyWestPT.com](http://www.TherapyWestPT.com) today!

# Avoid Injuries By Improving Your Balance 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), in 2018, an estimated 3 million emergency department visits, more than 950,000 hospitalizations or transfers to another facility (e.g., trauma center), and approximately 32,000 deaths resulted from fall-related injuries among older adults. 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 Therapy West Physical Therapy & Sports Medicine 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.
- 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.



**Book Your Next Appointment Today!**

# 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 Therapy West Physical Therapy & Sports Medicine, 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.** 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 Therapy West Physical Therapy & Sports Medicine to schedule a consultation and get started today!](#)



## Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

**Gunnison**  
435.289.6233

**Ephraim**  
435.289.6410

**Mount Pleasant**  
435.289.6442

**Richfield**  
435.289.6509

**Bicknell**  
435.289.6539



# 5 Health Benefits Of Spring Cleaning!

## 1. Allergy Symptom Reduction.

A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering dust mite allergies are the number one cause of bronchial asthma in the world. About 2.3 million Americans have been diagnosed with asthma. A 2014 study found that cleaning and decluttering your home can help you avoid allergy symptoms and make you feel more healthy.

## 2. Cleanliness Produces Happiness.

Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study found that having a clean home can improve your mood and reduce your risk of depression. Studies also show that doing housework for 20 minutes can reduce stress and anxiety by up to 20 percent.

## 3. Better Heart Health.

If you're looking for an easy way to support your heart health, just 30 minutes per day of light exercise (including low-intensity physical activities like household chores, vacuuming, mopping, and scrubbing floors) can decrease your risk of heart disease by 24 percent.

## 4. Declutter and Do a Good Deed by Donating.

An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

## 5. Get a Better Night's Sleep.

Do you have trouble sleeping at night? In a recent poll, it was found that people who make their beds are 19 percent more likely to sleep well on a regular basis. Clean sheets with a fresh scent impacted 75 percent of those individuals polled. See what a difference spring cleaning can make by cleaning the clutter from your room and sleeping on some fresh sheets.

Sources:  
[ncbi.nlm.nih.gov/pubmed/19934011](https://ncbi.nlm.nih.gov/pubmed/19934011)  
[parsleyhealth.com/blog/health-benefits-spring-cleaning](https://parsleyhealth.com/blog/health-benefits-spring-cleaning)



## Exercise of the Month Single Leg Stance - Forward



Stand tall. Be close to support, both at your sides and behind in case you lose your balance. Balance on one leg.

*If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.*

Therapy West will be  
hosting an Easter Egg  
Scavenger Hunt  
Make sure to follow our  
Facebook & Instagram pages  
for all the details!  
Prizes for all the kids who participate  
AND  
one lucky mom will win an awesome prize

