



**THE PHYSICAL
THERAPY INSTITUTE**
ORTHOPEDICS AND SPORTS MEDICINE

NEWSLETTER

Helping You Move Through Life
Pain-Free!

PREVENTING FALLS WITH PHYSICAL THERAPY

Have you noticed you don't seem to be quite as steady on your feet? Did you know that you can get your balance checked? At The Physical Therapy Institute, our physical therapists are movement specialists. We can help you figure out why your balance is off and, more importantly, how to get it back! No matter what age you are, you can always improve your balance. According to the CDC, about one in four adults age 65 and older report falling each year. Even those who do not live with a balance or gait disorder can still suffer from a fall.

People who notice they feel imbalanced, dizzy, or unsteady may live with a balance or gait disorder. Although balance disorders often stem from the vestibular system, other factors may be affecting your balance as well. Fortunately, physical therapists have the expertise to determine what is causing your limitations and how to resolve them!

If you have noticed issues with your balance, contact The Physical Therapy Institute today. We can help you figure out the root of your problem and treat it accordingly.

What are the main causes of falling?

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 suffer a harsh fall. The good news is that most falls can easily be prevented simply by regularly exercising your balance systems.

The most common reasons for falls include:

- Disorders of the vestibular system
- Muscle weakness (i.e., core and lower extremities)
- Vision loss
- Long-term health conditions like heart disease, dementia, or neurological disorders like Parkinson's or MS

If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately to avoid additional injuries in the future.

It is also important to contact a physical therapist if you have any of the following vestibular related symptoms:

- Dizziness or vertigo ("spinning" sensations, even when remaining still)
- Inability to focus or stay alert
- Double vision or tunnel vision
- Nausea or vomiting
- Arm or leg weakness
- Abnormal eye movements

The vestibular system is a delicate set of fluid-filled chambers and sensory nerves located in the inner ear. Your vestibular system helps manage your sense of position (aka proprioception) and keep yourself steady.

The good news is that you can prevent most falls, and our therapists can show you how!

Visit Us Online www.physicaltherapyinstitute.com or Call [724-503-6993](tel:724-503-6993) Today!

HOW WE CAN HELP YOUR BALANCE

The natural aging process increases the risk of falling, but that doesn't mean we should accept falls as a regular part of getting older. Falls are caused by several risk factors that can be reduced or eliminated with physical therapy.

For example, your therapists can help you identify hazards within the home that often contribute to a fall, such as:

- Wet floors, such as in the kitchen or bathroom
- Poor lighting
- Rugs or carpets are not properly secured
- Reaching outside abilities, such as a cupboard or cabinet
- Going down stairs without railings
- The person is rushing
- Falling from a ladder or step stool while doing home maintenance work
- Improper medication
- Drinking alcohol

Risk factors relating to your health and wellbeing or your activities and surroundings can contribute to a fall. Our team will take a holistic perspective to determine the origin of your balance issues and the make-up of your treatment plan.

When you arrive at The Physical Therapy Institute, your physical therapist will walk you through a comprehensive exam to gauge the nature of your condition and figure out the best course of treatment for your needs.

We will start with an injury evaluation, mobility, strength, and a balance assessment to identify all the factors contributing to the injury. In addition, we will include a review of your fall history and fear of falling, as well as identifying any home hazards/environmental factors that may contribute to your fall risk.

Whatever the case may be, all treatment plans will contain targeted balance exercises, treatment of your vestibular



system, and strengthening to help improve your core and lower extremities. Specific gait and coordination drills may also be included in your treatment plan, depending on your condition.

Call today to schedule an appointment

Are you ready to get back on your feet and decrease your risk of sustaining a balance-related fall? Contact The Physical Therapy Institute to schedule a consultation and get started today!

Sources: <https://www.nhsinform.scot/healthy-living/preventing-falls/causes-of-falls> • <https://www.nia.nih.gov/health/prevent-falls-and-fractures> • <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-020-01041-3> • <https://bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-019-1359-9> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4760892/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5954334/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5806799/>



**THE PHYSICAL
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ORTHOPEDICS AND SPORTS MEDICINE

Washington	724.527.4264
Apollo	724.306.6951
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Greensburg Ortho & Sports	724.395.7523
Irwin	724.395.7701
White Oak	412.517.7842
Monroeville	412.693.6210
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Mount Lebanon	412.923.0923
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Mount Pleasant	724.481.5595
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Warrendale	724.948.1672
Burgettstown	724.560.3840
Monaca	724.564.6518

NO DOCTOR'S PRESCRIPTION NEEDED!

In the state of Pennsylvania you have direct access to physical therapy.

Visit Us Online www.physicaltherapyinstitute.com or Call **724-503-6993** Today!

FREE IN-PERSON WORKSHOPS

www.physicaltherapyinstitute.com/workshops/

The Physical Therapy Institute hosts FREE workshops that focus on a specific type of pain or condition at select PTI locations. These hour-long workshops are hosted by the physical therapist at the clinic, and focus on getting you back to normal naturally, without the use of medications, injections or surgeries. **To register for the workshops, follow the link above! To learn more about the workshops, please call 724-503-6993 or email jwatkins@pt-institute.com.**

RSVP TODAY!
FREE KNEE, LOW BACK, &
SHOULDER PAIN WORKSHOPS

EXERCISE ESSENTIALS

ROMBERG BALANCE

Try this movement to improve your balance.

Start by placing one foot with your heel right next to the arch of your other foot. Keep your knees straight but not locked and bring your arms across your chest. Balance like this making sure to keep your abdominals braced and your butt squeezed. Hold for 30 seconds and repeat.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

PATIENT SUCCESS SPOTLIGHT

"I would recommend both Ryan and Bill to anybody that needs to rehab a shoulder surgery like mine or any injury that needs rehab."

"The therapist Ryan and Bill are very knowledgeable at PTI. They make you feel comfortable the first day of therapy. I have had noticeable increases in my range of motion and strength as each week goes by thanks to these guys, keep up the good work. I would recommend both Ryan and Bill to anybody that needs to rehab a shoulder surgery like mine or any injury that needs rehab." — Harry A.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

 **REVIEWS**

www.physicaltherapyinstitute.com



HEALTHY RECIPE

ULTRA-CREAMY AVOCADO SMOOTHIE



Ingredients

- 1 cup milk
- 1/2 cup sweetened condensed milk, plus more to taste
- 2 cups crushed ice
- 2 ripe Hass avocados, pitted

Directions

Blend the milk, sweetened condensed milk and ice in a blender until very smooth. Add the avocado flesh and blend again until smooth. The mixture will be quite thick; add cold water a few tablespoons at a time, blending after each addition, until the mixture is pourable. Taste and add more sweetened condensed milk if you want it sweeter. Serve in chilled glasses with straws.

<https://www.foodnetwork.com/recipes/food-network-kitchen/ultra-creamy-avocado-smoothie-3363132>



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