

NEWSLETTER

AGILITY PHYSICAL THERAPY *Experience the Difference*

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 Agility Physical Therapy, 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 Agility Physical Therapy today. We can help you figure out the root of your problem and treat it accordingly.

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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!

How physical therapy 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.

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. 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.

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://bmccgeriatr.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/>

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Offer valid for the first 25 people to schedule. Expires 11.30.22

Come Back To Physical Therapy

When you arrive at Agility Physical Therapy, 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. Are you ready to get back on your feet and decrease your risk of sustaining a balance-related fall? Contact Agility Physical Therapy to schedule a consultation and get started today!

Patient Success Spotlight

"I first received care at Agility over 15 years ago for a severe knee injury. I have used them since then for rotator cuff surgery on my right shoulder and, most recently, for issues with my left shoulder. In every instance - no matter that the practice is much larger now than in 2006 - I've always been treated with friendliness, kindness and absolute wonderful & knowledgeable care. Every DPT, PT & PTA that I have worked with has been phenomenal. Highly recommend Agility!" – L.V.

Get Your Balance Back In Check With Our Solo Step

Did you know Agility Physical Therapy has a Solo Step?

The Solo Step is a "high-performance overhead track system that attaches to a harness protecting the patient from falling."

Our therapists use the Solo Step to support and increase confidence in our patients for all aspects of physical therapy, including walking therapy, balance training and climbing stairs.

Call us today or ask your Agility Therapist if the Solo Step is right for you!



CALL TODAY! 941-484-8107



DANIEL JACQUET, PTA

Daniel earned his physical therapy assistant degree in 2021 from State College of Florida in Bradenton, FL. He was raised in Port Charlotte, FL where he played for the Port Charlotte Pirates and his love for basketball commenced. Daniel's interest in physical therapy grew working as a PT tech at an orthopedic outpatient facility for 5 years. Daniel is looking to further his manual skills and education on myofascial release techniques.

ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

By ensuring you are staying on track with your physical therapy appointments you will stay on the road of better health and wellness. Consistency is incredibly important in order to achieve the results you want. Can't make it to your appointment? We can also bill your insurance for telehealth and virtual visits! Contact us today with any questions or to schedule your next appointment today!

3 Ways to Practice Gratitude

- 1. Write thank you letters.** Remember writing thank you letters? How long has it been since you wrote one? You don't need to have a wedding, graduation, or other big life event to thank the people in your life. Try writing thank you letters to your friends and family for the little things– you'll be surprised at how good it feels!
- 2. Write down what you are grateful for everyday.** This might sound intimidating, but it doesn't have to be! Take a few minutes each morning or evening to write down at least 3 things that you are grateful for in your life. This repeated action helps us shift into a more positive mindset and can help fight symptoms of depression and anxiety.
- 3. Use visual reminders.** It can be hard to remember to practice gratitude. With your hectic schedule, sometimes it can feel impossible to sit down, take a moment to breathe, and reflect on your blessings. Visual cues can be a great tool for reminding us to take a beat. Something as simple as sticky notes, a poster, or even your home screen on your phone or laptop can help us remember to slow down and shift to a positive mindset.

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