



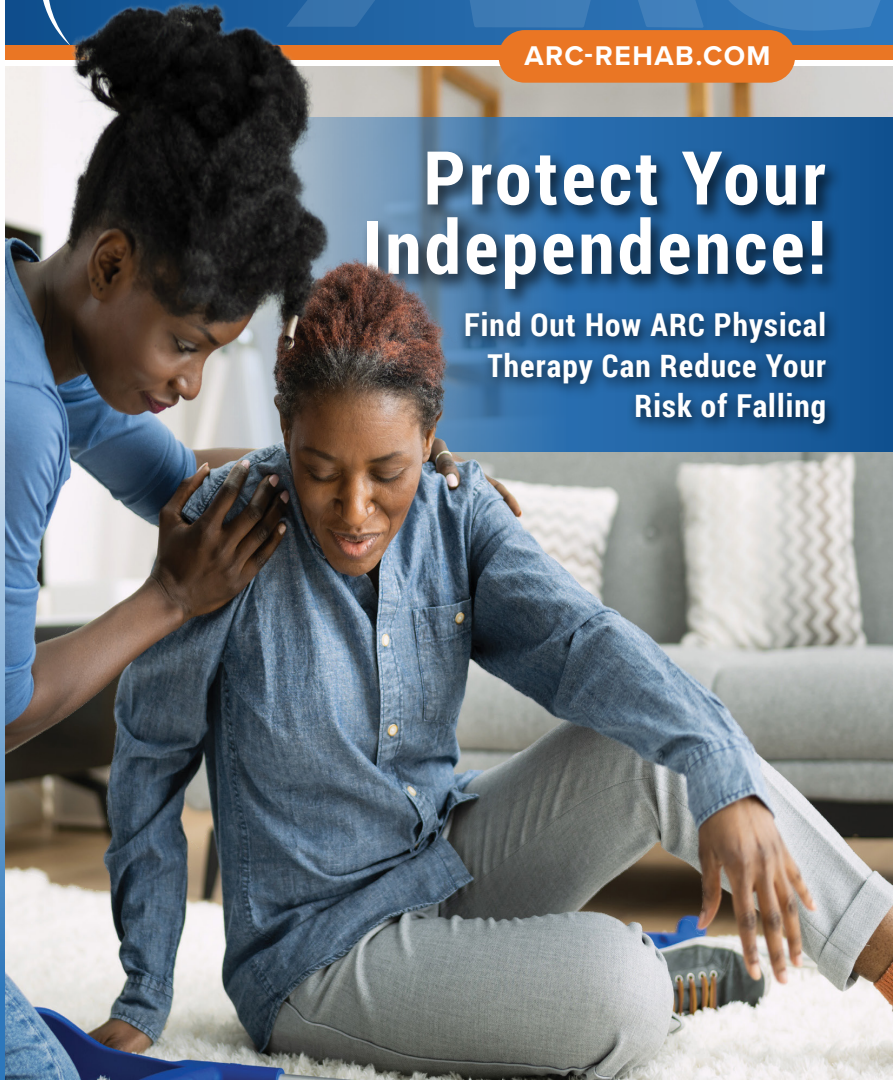
NEWSLETTER

Your #1 Health and Wellness Resource

ARC-REHAB.COM

Protect Your Independence!

Find Out How ARC Physical Therapy Can Reduce Your Risk of Falling



ARC-REHAB.COM | (630) 323-8646



Protect Your Independence

Find Out How ARC Physical Therapy Can Reduce Your Risk of Falling

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), 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

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

Continued inside.



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PROTECT YOUR INDEPENDENCE!

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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.

Physical Therapy For Decreasing Fall Risk

Working with a physical therapist is one of the best ways to ensure a decreased risk of falling. This is supported through a 2018 study published by the Journal of the American Medical Association, titled "Association of Long-Term Exercise Training with Risk of Falls, Fractures, Hospitalizations, and Mortality in Older Adults."

This meta-analysis focused on 40 long-term randomized clinical trials of 21,868 participants. The study demonstrated a significantly decreased risk of falling among the patients by implementing daily balance-based exercises. The researchers of the study conclude,

"Long-term exercise, particularly moderate intensity, multicomponent training with balance exercises, performed 2 to 3 times per week, appears to be a safe and effective intervention for reducing the risk of being a faller/injurious faller in older populations."

How Will I Benefit From Pt Treatments?

At ARC 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. 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.

- **Vestibular therapy.** Balance disorders can refer to a broad range of conditions, but they are all connected by the effect they have on the vestibular system, also known as the inner ear. Vestibular therapy, also referred to as vestibular rehabilitation, is conducted through a process of "adaptation and compensation." This means that the vestibular system is actually being "reprogrammed" through both passive and active therapies to form connections with the brain on adjusting imbalances and regaining stability.

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



(630) 323-8646

MONTHLY

TRIVIA

ENTER
AND WIN!

CHALLENGE

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

1. Which president of the U.S. signed the first income tax bill on July 1, 1862?
2. On July 10 of what year did the Bahamas gain their independence after 250 years as a British Crown Colony?
3. On July 10, 1991 who became the first popularly elected president of Russia?
4. The Riot Act took effect in Britain on July 20 of what year?
5. In what year did the U.S. Patent Office first open its doors?
6. Which French playwright and novelist known for writing *The Count of Monte Cristo*, was born on July 24, 1802?
7. What son of a U.S. president died when his plane crashed on July 16, 1999?
8. What pioneering African American tennis player who won a total of 33 titles including the U.S. men's singles championship and U.S. Open in 1968 and the men's singles at Wimbledon in 1975 was born in Richmond, VA on July 10, 1943?

EXERCISE OF THE MONTH

STANDING MARCH

Start by standing up straight with both hands on the back of a chair for support. Slowly lift one knee up towards the ceiling until it reaches hip height and then lower it back down. Do the same with the other leg keeping the abdominals contracted the whole time. Do 3 sets of 10.



Check out our YouTube channel for more exercise you can do at home. Click on Videos under the Health Tips tab on our website or scan the QR code to visit our YouTube Channel.

The Physical Therapists at ARC can develop an exercise plan designed to help you reach your goals.

Call today for your appointment!

PATIENT SPOTLIGHT



"ARC pays attention to detail and takes concerns seriously. If you tell them you are in pain, feel off balance, concerns about mobility and strength they will address it. I am a retired RN and ARC has always been there for me. I have been a client for years. After my fall and other injuries ARC is a primary part of my recovery."

- Actual 5 star Google review.

PLEASE NOTE!

OUR ORLAND PARK LOCATION WILL BE CLOSING AT THE END OF JUNE.

WE LOOK FORWARD TO SERVING YOU AT OUR WESTMONT LOCATION.

COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered **yes** to any of these questions you need to come back to ARC Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free life.



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