

NEWSLETTER



ARE YOU AFRAID OF FALLING? PT CAN HELP KEEP YOU ON YOUR FEET!

If you want to improve your balance, tackle your dizziness, and start enjoying life again, call us today to set up an appointment!

INSIDE:

- HOW TO MAKE SURE YOUR HOME IS SAFE
- HEALTHY RECIPE
- EXERCISE OF THE MONTH



www.hopt-wellness.com

NEWSLETTER

ARE YOU AT RISK OF FALLING?

**Physical Therapy
Can Help Keep
You Balanced!**

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 Hands On 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 Hands On Physical Therapy 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)
- Double vision or tunnel vision
- Nausea or vomiting
- Arm or leg weakness
- Inability to focus or stay alert
- Abnormal eye movements

Continued inside.



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**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

ARE YOU AT RISK OF FALLING?

Continued from previous page.

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. 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 Hands On 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.

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.

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

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TASTY RECIPE

CHERRY-BERRY OATMEAL SMOOTHIES



INGREDIENTS

- 1/3 cup quick-cooking rolled oats
- 1/2 cup light almond milk
- 3/4 cup fresh strawberries
- 1/2 cup fresh dark sweet cherries
- 1-2 tbsp almond butter
- 1 tbsp honey
- 1/2 cup small ice cubes

INSTRUCTIONS: In a blender combine oats, almond milk, and the next four ingredients (through honey). Cover and blend until smooth, scraping container as needed. Add ice cubes; cover and blend until smooth. If desired, top each serving with additional fruit.

<http://www.eatingwell.com/recipe/259841/cherry-berry-oatmeal-smoothies/>

EXERCISE OF THE MONTH

Try this simple exercise to help with balance.

TANDEM BALANCE, EYES CLOSED

Stand next to the back of a chair and place one hand on it for support. Place one foot right in front of your other so your heel is touching the tips of your toes. Close your eyes and then remove your hand from the chair. Hold this balance for 30 seconds.



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

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HOW TO MAKE SURE YOUR HOME IS SAFE



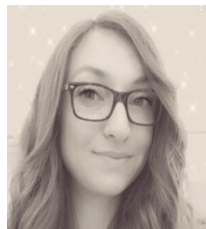
Falls are a significant concern for seniors, and even without an injury, a fall can cause a loss in confidence and reduction in activities and even contribute to future falls. It is estimated that six of every ten falls happen in or around the home. Too often, we overlook simple changes because we are used to moving around without thinking about our safety. There are simple steps you can take to make your home safer and reduce your risk of falling.

- **Make sure your house is tidy:** Clean up books, papers, clothes, and shoes on the floor or stairs. Too often, a minor obstacle leads to a trip and fall.
- **Remove throw rugs or small area rugs:** Make sure your carpets are fixed firmly to the floor so that they won't slip. Put no-slip strips on tile and wooden floors.
- **Make sure there is good lighting:** Proper lighting and easy-to-find light switches at the top and bottom of stairs and on each end of a long hall can ensure your safety.
- **Install handrails on stairs and in bathrooms:** More importantly, use them! Hold the handrails when you use the stairs, up or down, and when you get in and out of the tub/shower.

Once you have considered the environment of your home, make sure you also address the individual living there – you! The safety of your home also depends on you making good decisions. For example, do not climb up on a chair to clean something high, and be careful on wet surfaces, whether bathing or cleaning.

Inactivity affects your safety and may lead to more complications from a fall or injury. Fortunately, a proactive approach will reduce the risk of falling and keep you safe around your home!

Sources: <https://www.nia.nih.gov/health/fall-proofing-your-home>, <https://www.ncoa.org/article/6-falls-prevention-steps-to-help-your-older-loved-ones>



PATIENT SUCCESS SPOTLIGHT

"I highly recommend Hands On Therapy in Zebulon! Working with Trinity and Jennifer has been wonderful. They have taken great care of my daughter and built her a custom therapy plan to meet her needs. They provide a welcoming environment and are always great to work with! Jennifer is a wonderful therapist who will take good care of you!" –Stephanie L.

You too can get results like this. Contact Hands-On Physical Therapy today and find out how PT can get you back to the activities you enjoy! Call today for your appointment.

We want to hear your Success Story. Scan the QR code and leave us a review.

Thank you!



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COUPON CORNER!

FREE PAIN CONSULTATION

HO Hands On
PT Physical Therapy

WE OFFER 3 CONVENIENT LOCATIONS

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

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Call to schedule. Expires 8/30/2023

COME BACK TO PT!

Suffering from aches and pains? Call one of our locations or visit hopt-wellness.com to schedule an appointment and get relief today!

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