

ROCKY MOUNTAIN PHYSICAL THERAPY

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 Rocky Mountain 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 Rocky Mountain 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)
- 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.rockymtnpt.com or Call Today!

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 Rocky Mountain 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.

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 Rocky Mountain Physical Therapy 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
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https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5806799/

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Visit Us Online www.rockymtnpt.com or Call Today!

FREE PAIN CONSULTATION

ROCKY MOUNTAIN PHYSICAL THERAPY

CALL A CLINIC NEAREST YOU TO SCHEDULE TODAY!

Spots are limited, call today!

Call to schedule.
Expires 06-23-23

CALL A CLINIC NEAREST TO YOU!

Broomfield	(720) 637-1131
Central Fort Collins	(970) 660-6766
Loveland	(970) 436-4496
Windsor	(970) 579-7689
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Greeley (Pediatric)	(970) 510-8275
Windsor (Pediatric)	(970) 510-8212

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.rockymtnpt.com

EXERCISE ESSENTIALS

FEET TOGETHER BALANCE

Try this movement to improve your balance.

Start by standing upright next to a chair. Place your hand on the back of the chair for balance and then place your feet together. Remove your hand from the chair and balance in this position as directed. Hold for 30 seconds.



PT WIRED
www.ptwired.com

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

HEALTHY RECIPE

PINEAPPLE GREEN SMOOTHIE



Ingredients

- ½ cup unsweetened almond milk
- ⅓ cup nonfat plain Greek yogurt
- 1 cup baby spinach
- 1 cup frozen banana slices (about 1 medium banana)
- ½ cup frozen pineapple chunks
- 1 tablespoon chia seeds
- 1-2 teaspoons pure maple syrup or honey (optional)

Directions

Add almond milk and yogurt to a blender, then add spinach, banana, pineapple, chia seeds and sweetener (if using); blend until smooth.

https://www.eatingwell.com/recipe/251038/pineapple-green-smoothie/

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