



Fall-time Fall Prevention Tips

It's perfectly normal for the leaves to fall this time of year, which is a perfect reminder of what we always shouldn't be doing! The fall season is the all-time National Falls Prevention Week. September 20-26, so below we've brought you some tips to prevent one of the leading causes of morbidity and mortality in our society.

Assess your living environment for objects that could pose a fall risk. Such items include rugs, electrical cords or small heavy objects. Take time to ensure or remove these items.

Consider your footwear. Shoes with strong cushioned soles can be useful in situations such as walking from one surface to the next when walking on uneven or transitioning onto a ramp. If you feel yourself frequently walking the floor due to your step height being low, it might be time to wear shoes with a cushioned surface.

Vision and hearing checks. Two of the most important components of falls are eyesight and the ability to assess the ground underneath your feet. It's important to be sure both are operating efficiently to reduce your risk of falling.

Review your medications with your doctor. The use of multiple medications, termed polypharmacy, is shown to increase one's risk of falling. Reviewing all medications with one doctor is an important way to ensure you're not taking more medications than you need.

Be sure a physical therapist (PT) is involved in assessing the causes of your balance deficits and addressing them using exercises that are proven to reduce your risk of falling.

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Fall Facts

- 300,000 people per year are hospitalized due to falls
- Pumpkin spice does not actually contain pumpkin. It's simply the seasoning traditionally used for pumpkin pie.
- Falls are the most common cause of traumatic brain injury (TBI).
- The ability of a tree's fall color depends on the sugar content of a given tree. Hence, maple trees tend to be quite beautiful!

COVID-19 Vaccine Quick Facts

- An COVID-19 vaccine currently administered in the US are shown to greatly reduce the risk of disease, hospitalization and death from COVID-19.
- The side effects from the vaccine are generally mild. The chances of a severe reaction are very rare and such reactions are nearly always treatable.
- Even if you're at low risk of experiencing severe symptoms from a COVID-19 infection, getting vaccinated still helps protect those who are vulnerable.

Source: www.cdc.gov

October is National PT Month

October is the official month to thank your physical therapist and thank them for all that they do. Well, maybe an extra thank you'll give the risk of COVID-19 transmission a big push. Let's take a glimpse at all the things physical therapists are doing for their patients during this real every month to help improve their functional ability.

- ✓ Musculoskeletal Conditions: Specific Diagnosis, Treatment, and Referral
- ✓ Fall Management
- ✓ Balance Training and Falls Prevention
- ✓ Injury Prevention
- ✓ Fitness and Lifestyle Interventions
- ✓ Vestibular/Gait/Post Therapy
- ✓ Post-Operative Rehabilitation
- ✓ Neurological Rehabilitation including post stroke, Parkinson's Disease, and Spinal Cord Injury
- ✓ Post-Operative Care for a Variety of Conditions

And much, much more!

