



Harbor Physical Therapy Newsletter

Fall 2021

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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 us humans *shouldn't* be doing! The fall season kicks off with National Falls Prevention Week, September 20-24, 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 furry animals. Take time to remove or secure these threats.

Consider your footwear. Shoes with strong rubberized traction can be useful in situations such as hiking but can increase the risk of tripping when walking on carpet or transitioning onto a rug. If you find yourself frequently scuffing the floor due to your step height being low, it might be wise to wear shoes with a smoother surface.

Vision and sensation checks. Two of the most important components of balance are eyesight and the ability to sense 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 your doctor is an important way to ensure you're not taking more medications than you need.

Go see a physical therapist! PTs are trained in assessing the causes of your balance deficits and addressing them using exercises that are proven to reduce your risk of falling.

Written by Scott Newberry, PT, DPT

October is National PT Month

October is the official month to hug your physical therapist and thank them for all that they do. Well, maybe an elbow bump instead given the risk of Covid-19 transmission a hug poses. Let's take a glimpse at all the things physical therapists are doing for their patients during this and every month to help improve their functional ability.

- ✓ Musculoskeletal Condition-Specific Diagnosis, Treatment, and Referral
- ✓ Pain Management
- ✓ Balance Training and Falls Prevention
- ✓ Injury Prevention
- ✓ Fitness and Lifestyle Interventions
- ✓ Vestibular (Inner Ear) Therapy
- ✓ Post-Concussion Rehabilitation
- ✓ Neurological Rehab (including post-stroke, Parkinson's Disease, and Spinal Cord Injury)
- ✓ Post-Operative Care for a Variety of Conditions

And much, much more!

Fall Facts

- 800,000 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 vibrancy of a tree's fall colors depends on the sugar content of a given tree. Hence, maple trees tend to be quite beautiful!

COVID-19 Vaccine Quick Facts

- All COVID-19 vaccines currently administered in the US are shown to greatly reduce the risk of disease transmission and severe illness.
- The side effects from the vaccine are generally mild. The chances of a severe reaction are *very* low 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



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We're on the web!

hpt.machtmedicalgroup.com

Harbor Court Office Building
575 South Charles Street, Suite 201
Baltimore, MD 21201

Phone: 443-524-0442
Fax: 410-752-8430
Email: info@machtmedicalgroup.com