



## Harbor Physical Therapy Fall Newsletter

### Preventing Falls in the Fall

Fall time is here! With fall, comes cooler temperatures and more conditions that could lead to falls. Wet leaves and early sunsets can challenge your balance so thinking about fall prevention this time of year is a good idea.

1. Watch your step- wet leaves, uneven sidewalks, especially in Baltimore city, wind picking up, and pinecones/acorns can challenge your balance. Make sure to take your time and wear shoes with good traction.
2. Let there be Light- Make sure to light up your path and carry a flashlight if your walking at dusk or dawn.
3. Choose Ideal footwear for walking- Avoid shoes with an open back, flip flops or shoes that are worn-out and no longer have stability. Invest in a good walking sneaker.

Be proactive and work on balance and stability exercises so if you are in a situation where you lose your balance, you are more likely to recover vs. fall. If you would like some specific exercises, give HPT a call and our physical therapists can make you a personalized exercise program.

### How to Decrease Joint Stiffness in Cooler Weather

Fall brings cooler weather which can cause joint stiffness. Many people with arthritis or past injuries experience increased stiffness in their joints with cooler temperatures. Here are some ways to help reduce joint stiffness:

1. Stay warm- dress in layers and keep your joints warm using socks, gloves, and warmers.
2. Exercise- exercise increases blood flow lubricating your joints giving more mobility and less stiffness.
3. Warm-up before activity- Perform a couple repetitions of movements prior to doing your daily activities to warm up your joints vs. just doing the activity after sitting for a long period of time.

### Helpful Fall Hints

Change your clocks- Daylight saving time ends on November 2nd- remember to "fall back" one hour.

Check your batteries- When you change your clocks, it also is a great time to replace batteries in smoke and carbon monoxide detectors.

To schedule an appointment at HPT  
visit our website- [www.hpt.machtmedicalgroup.com](http://www.hpt.machtmedicalgroup.com)