

Refined Commitment



Commitment Physical Therapy

11741 Southwest Highway, Palos Heights, IL 60463 (708) 361-8052

Volume 3, Issue 6

June 2010



First Time Golfer

A retiree was given a set of golf clubs by his co-workers. Thinking he'd try the game, he asked the local pro for lessons, explaining that he knew nothing whatever of the game.

The pro showed him the stance and swing, then said, "Just hit the ball toward the flag on the first green."

The novice teed up and smacked the ball straight down the fairway and onto the green, where it stopped inches from the hole.

"Now what?" the fellow asked the speechless pro.

"Uh...you're supposed to hit the ball into the cup," the pro finally said, after he was able to speak again.

"Oh great! NOW you tell me." said the beginner.

Our Location

Commitment Physical Therapy is located at

11741 Southwest Highway in Palos Heights.

Our Hours

We are open Monday thru Friday from 9:00am until 5:00pm.

For your convenience, we also offer extended and weekend hours by appointments only.

Balance and Fall Prevention

The following statistics were taken from the Centers for Disease Control and Prevention National Center for Injury Prevention website: More than one-third of adults ages 65 years and older fall each year (Hornbrook 1994; Hausdorff 2001). Among older adults, falls are the leading cause of injury deaths (Murphy 2000) and the most common cause of nonfatal injuries and hospital admissions for trauma (Alexander 1992). In 2003 more than 1.8 million seniors ages 65 and older were treated in emergency departments for fall-related injuries and more than 421,000 were hospitalized. In 2002, nearly 13,000 people ages 65 and older died from fall-related injuries (CDC 2004). More than 60% of people who die from falls are 75 and older (Murphy). Of those who fall, 20% to 30% suffer moderate to severe injuries such as hip fractures or head traumas that reduce mobility and independence, and increase the risk of premature death (Sterling). Among people ages 75 years and older, those who fall are four to five times more likely to be admitted to a long-term care facility for a year or longer. Among older adults, the majority of fractures are caused by falls (Bell 2000). People ages 85 years and older are 10 to 15 times more likely to sustain hip fractures than are people ages 60-65 (Scott). In 2000, direct medical cost totaled \$179 billion dollars for fatal and \$19 billion

dollars for nonfatal fall injuries (Stevens 2005, CDC 1996). From 2000 to 2040, the number of people age 65 or older is projected to increase from 34.8 million to 77.2 million. Given our aging population, by the year 2040, the number of hip fractures is expected to exceed 500,000.



So have you been feeling unsteady lately? Have you read all the stories in the newspaper about well known people in their 70's and 80's who have fallen and died due to the fall or complications from the fall? Have you spoken to someone who told you that you're just "getting old" and there was nothing you could do about it? Well, THEY WERE WRONG! Falls exact a huge physical and psychological toll on our aging population. After reading the statistics above, you can see some of the results in physical and monetary terms. The psychological cost of falls is also high. Over half of seniors who have fallen state that they now significantly reduce their activity level due to a fear of falling again. This leads to further de conditioning and actually INCREASES the

chances they will experience another fall! Research is showing that people who are evaluated and have specific exercises prescribed for them will experience a decreased risk of falling. Simple tests, ranging from 5-10 minutes each, can assess your risk of falling. If risk is low, we can educate you in preventative measures to improve safety in your home and environment. If your risk is high, further more specific testing will be necessary. This will allow us to develop a customized exercise program, designed to retrain the systems involved with maintaining balance. We can train your inner ear, eyes, muscles, brain and other components of your balance system to work faster and more efficiently, resulting in greater stability.

Fall Risk Screening & Conditioning Program:

Entry into the program:

A doctor's referral based on increased risk due to age, history, medication changes, muscle changes, degenerative joint disease, post arthroplasty or osteoporosis, or on the basis of a balance screening.

The program: A structured program that consists of eight visits over a four-week period. The patient is evaluated for specific risk

Anyone can be a father but it takes someone special to be a daddy

Father's Day is a day of commemoration and celebration of Dad—the special man in our life. We often forget the sacrifice of our fathers and the roles they have played in shaping our lives. Father's Day gives us the opportunity to show and express our love and care to this man, who deserves our support most.

Father's Day is the most appropriate platform to make us look beyond 'our own' family and honor the man who brought us joy and happiness. Father's Day is a day to honor not only your father, but all the men who have acted as a father figure in your life—whether as

Stepfathers, Uncles, Grandfathers, or "Big Brothers."

Happy Father's Day to all the daddy's in the world!



Continued: Balance and Fall Prevention

Factors known to contribute to falling and decreased mobility.

Evaluation:

- Self-Assessment of General Health.
- Blood Pressure and Heart Rate.
- Lower Body Strength.
- Balance Test.
- Aerobic Endurance Test.

Review Results and Recommended Exercise Programs:

The test results from the evaluation are reviewed with you. We will advise if you are at risk of falling and, if you are, why. If the cause is physical, such as poor strength and balance, we will plan an exercise program just for you. We will also help you identify and eliminate environmental factors that you may find at home or in your community.

Interventions:

In-Clinic Exercise - targeted to improve:

Strength, balance, walking speed, step length, flexibility and cardiovascular fitness.

Home Exercise:

Instruction for simple exercises that can be done at home.

Re-Evaluation:

A report is provided to you and your referring physician summarizing the effect of the four week program. Your physician may recommend continued structured exercise to address specific problems. *Most insurance plans, including Medicare, cover assessment and conditioning for fall programs. For further information, speak with your doctor, physical therapist or insurance agent.*

Hazards at home:

Quite often the cause of a fall can be right in your own home and is easily corrected. Simple changes may reduce the risk. Below is a list of some of the risk factors which may exist in your home.

General: Poor lighting, Slippery floors, Uneven floors, Throw rugs, Runners, Mats, Curled carpet edges, Electric or telephone wires in walking areas, Clutter, Small objects in pathways, Unstable seating - swivel chairs or chairs on casters, Belongings left in walkways, Newspapers left on the floor, Laundry left on the floor, Cleaning products with slippery surfaces.

Stairways: Missing light switches at top/bottom of steps, Unsturdy handrails, Uneven steps/steps needing repair, Items placed on the stairs.

Stairs.

Kitchen: Unstable step stool, Storage areas that require excessive reaching, Appliances arranged inefficiently, Unstable seating, Wet floors.

Bathroom: Lack of grab bars in shower/tub, Lack of non-skid surfaces in shower/tub, Wobbly or low to the floor toilets, Unstable towel rack or sink, Wet floors.

Outside: Walkways in disrepair, Wet smooth surfaces, i.e. slate, Cluttered walkways/storage areas, Poor night lighting, Poor placement of trash/recycle bins, Garden hose across walkways, Children's toys, Pet toys and leashes, High curbs.



Speak with your physician today. See if you would be appropriate for Balance and Fall Prevention Training. Please don't wait until it is too late.

Prevent a fall, don't take one!

Patients' Comments



"What I liked most about Commitment was the friendly atmosphere, the cleanliness, and the fact I had relief from my back pain almost immediately." MM, Oak Lawn, IL

"This has been a beneficial experience and I enjoyed my time here." BM, Chicago, IL

"I was very happy with the services and the Dr. was very helpful through the whole routine." SK, Merrionette Park, IL

"I was always treated with care and respect, both with the home health care and the treatment I received at the office." LK, Hickory Hills, IL