

Refined Commitment

 **Commitment Physical Therapy**

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

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Happy New Year!

Let's welcome the New Year in with a few basic healthy resolutions that can help prevent illness and injury. Some resolutions that can keep us feeling young and fit may include participating in physical activities such as joining a health club or yoga class, eating more fruits and vegetables, getting enough sleep and scheduling regular checkups. Keep in mind that during the month of January Commitment Physical Therapy is offering a [Free Laser Treatment](#). Please call our office to schedule your treatment.

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 appointment only.

Physical Therapy and Fall Prevention

I thought a lot about what to discuss this month and I think although we don't have much snow yet, falling and different injuries due to balance problems are still something we see a lot. I tried to put together from different websites some information about falling and balance deficits, I hope it will be helpful to all of you.

Falling is a common and serious problem for the elderly. Falls are associated with injury, decreased independent function, premature admission to nursing homes, and even early death. The incidence and severity of complications related to falling increases steadily after age 60. About one third of individuals over age 65 fall each year and 10 % of those sustain serious fractures. About 50 % of those who sustain a fracture do not fully recover and many lose independence for life. Those who sustain a hip fracture are at the greatest risk for such complications such as: immobility, disability, and death. Out of individuals who fall 30 % to 50 % sustain soft tissue injuries (hematomas, sprains, strains, or dislocations).

Common factors leading to falls:

Decreased balance and strength of the legs. Uneven ground or poor lighting. Diseases: Parkinson's, seizures, diabetes, arthritis, orthostatic hypotension, dizziness, neuropathy. Taking more than four medications; especially sedatives, antidepressants, and anti-hypertension drugs. Any conditions that impair safe judgment; fear, anxiety, depression, delirium, and dementia. Once you have identified the risk factors for falling, it's important to make strides to prevent falls. There are basic strategies and techniques that can be implemented to reduce your chance of falls.

Fall prevention tips: Use non-skid rugs, handrails on the stairs, grab bars near toilets, bathtubs/shower stalls, proper lighting indoors and out, reducing clutter on the floor, tucking electrical or phone cords out of the way and move commonly used items to lower cabinets or shelves.

At Commitment Physical Therapy

our physical therapists try to prevent injuries by identifying individuals who are at risk for falls. A comprehensive physical therapy fall evaluation is performed which includes: a thorough history, muscle strength evaluation, balance assessment, and functional mobility assessment. Once the patient's impairments are identified our physical therapy team works with the patient to develop a treatment plan that will help to minimize or prevent future falls. The treatments consist of balance training, endurance/strength training, and education on how falls can be prevented. Ultimately, we transition the program into the home environment for long-term benefits.

Physical therapy training for balance deficits and fall prevention

can help all age groups, but may be needed most after surgery or injury recuperation in order to return the individual to a more functioning lifestyle and during the senior years as balance deficits naturally occur more often. Fall prevention exercises can



Continue: Physical Therapy and Fall Prevention

seconds. Slowly return your feet to the standing position. Relax 10 seconds. Repeat this exercise 15 times.

Seated Thigh Strengthening

Increasing the strength of your thigh muscles “quadriceps” needs to be included as part of physical therapy training for balance deficits and fall prevention. Quadriceps are another lower body muscle that play an important role in supporting your body weight, enhancing your functioning level and stabilizing your body. Strong quadriceps minimize your risks of falling. Do some thigh straightening exercises. Sit upright in a firm chair with only the balls of your feet touching the floor. Roll up a towel and place it underneath your right thigh. Slowly inhale. Slowly lift your right leg in front of you while exhaling. Do not lock your knee. Slowly bring your toes toward the ceiling. Hold this position for five seconds. Gently inhale and return your leg to the original position. Relax 15 seconds. Repeat this exercise again, putting the towel underneath your left leg. These are only a few exercises that can help eliminate falls.

Call us today for a FREE phone consultation (708-361-8052), e-mail your questions (Commitmentpt@yahoo.com)

“Everyone always gave me good attention. I had a great time there, the staff was always concerned.” L.S., Oak Lawn, IL

“I was completely satisfied with therapy. Please continue to give the same quality of care.” D.C., Orland Park, IL

prolong independence, improve balance deficits, decrease fracture risks and reduce risks of tripping, stumbling or losing footing.

Partial Squatting

Increasing your lower body strength will lower your risk of falling and also improve your balance deficit. Strengthen and tone your lower body by doing a standing full leg squat. Stand upright facing the back of a sturdy chair. Place your hands onto the chair for support purposes. Gently bend your knees. Hold this position 10 seconds. Slowly return to the upright position. Relax 10 seconds. Repeat this exercise 10 times.

Leg Balancing

Improving ones sense of balance enhances body positioning and self-control. Hinder falls and improve balance by training and strengthening leg muscles. Physical therapy training includes standing exercises that use chairs for support purposes. Stand facing the back of a chair, placing both hands onto the chair. During the initial stages, have all fingers

touching the chair. Gently and slowly lift your right leg from the floor. Place all body weight onto your left foot. Hold this position for 10 seconds. Slowly return your leg to the original position. Relax 15 seconds. Repeat this exercise 15 times. Do the exercise again using your left leg. As you become stronger, touch only your fingertips to the chair. If a chair is not available, use a wall. Shoot for a goal of lifting your individual legs without using the chair or wall for support.

Calf and Ankle Strengthening

Lower body exercises can improve balance deficits. Having strong ankle and calf muscles help stabilize and support your body weight, thereby decreasing your risk of falling. Physical therapy training maneuvers need to concentrate on strengthening these muscles and can be accomplished with heel lift exercises. Stand facing the back of a sturdy chair, feet shoulder-width apart. Hold onto the chair for support. Gently lift your body weight onto the balls of your feet, then onto your tiptoes. Hold this position for three

Patients' Comments

“Nothing about my experience with therapy was unpleasant. The Dr. was always friendly and thorough.” C.W., Country Club Hills, IL

“It is so hard to describe, I feel so much better now than I did when I first came in.” C.C., Orland Park, IL



Hello 2012! I really enjoy a brand new year full of promise and possibilities.

Dare I say the weather has been mighty kind to us so far this year? This gives us a great opportunity to go out and enjoy a walk and some fresh air. I do know that this is after all Chicago and I am sure the snow will soon find its way to our doorsteps. Many towns now offer a free snow service for seniors; so if you fall in that category call your village hall and look into it. For the rest of us who need to rid our driveways of snow, remember to take it slow.

Bending at your knees and taking frequent breaks is definitely the best plan! I don't believe in diets, but rather moderation. This year I will fill my plate with more veggies and whole grains. Water is also a great way to help the body cleanse itself and limit calories. Whatever your goals are this year, please take it slow and check with your physician before beginning any new exercise programs.