



November 2010

### **How to Avoid Falls!**

One in three adults over the age of 65 will fall at least once a year. It is important for everyone to take extra precautions to assist in the prevention of falls. There are many risk factors that can play a role in causing falls, such as your age, your environment, pre-existing medical conditions, medications, poor balance, and muscular weakness to name a few. What can you do to prevent falls from occurring, whether it be for yourself or a loved one that may be at risk?

Maintain physical activity and see your physician for regular checkups. Discuss medications with your physician and/or pharmacist to determine if the medications play a role in your strength and balance. Keep your body strong. Be aware of any balance deficits you may have. Ask your physician if you would require physical therapy in order to improve this. Ask to see a *GOOD physical therapist*.



### **Create A Home Safety**

- € Clean up cluttered areas where you normally walk in the house.
- € Secure throw rugs to prevent slips or tripping.
- € Provide good lighting in walkway areas of your home and outside.
- € Position telephone in easy to reach location.
- € Clean up wet areas in the bathroom, kitchen, or even at the front door.
- € Secure electrical or telephone cords to prevent tripping or falling.
- € Modify chairs, sofas, and toilets to an adequate height so that you can get up and down from them easily and safely.
- € Make sure railings are secure and stable.
- € Wear proper foot wear with flat soles and have adequate traction.
- € Make sure shovels, snow blowers, and salt are located at places that are easy for you to get as the snow and ice season approaches.

### **Quote of the day**

“Always laugh when you can. It’s the cheapest medicine.”

For additional information about Good Physical Therapy visit our website at [www.GoodPTNow.com](http://www.GoodPTNow.com)

### **Keep Your Back Healthy!**

With the holidays fast approaching, we are also reminded that fall clean up and snow season is just around the corner. Raking leaves and shoveling snow can lead to back pain and injury, so try to follow some of these simple tips to ensure a safe experience!

- € Walk around the house and stretch to warm up muscles before going outside.
- € Change positions and technique often to avoid overuse of muscles.
- € Take frequent rests to prevent fatigue.
- € Bend at the knees and maintain your back’s natural curve.
- € Use the muscles in your legs to lift properly.
- € Stretch the following morning to alleviate soreness.

Remember...if you experience back pain due to shoveling, raking or any other reason, don’t suffer! Call today to achieve the *GOOD* results that you deserve!

### **Balance and Vestibular Rehabilitation Program**

So you just had a dizzy spell, now what? You are not alone. 42 percent of adults over the age of 40 complain of dizziness to their physician. Good Physical Therapy continues to have great success treating patients with symptoms of dizziness, lightheadedness, unsteadiness and vertigo. Call Good Physical Therapy for help.

### **New to our staff**

We would like to welcome our newest addition to the staff here at our Kutztown office, Nate Diffenbaugh. Nate is a resident of Kutztown and is excited about joining our team. WELCOME NATE!

### **Expanding Program**

Good Physical Therapy is now accepting patients for the treatment of urinary incontinence at our Pottsville and Kutztown locations. If you suffer from urinary incontinence, talk to your doctor. *GOOD Physical Therapy* can help!