

SCHEDULE AN EVALUATION

THERAPY FIT NEWSLETTER

Move with Ease Once Again

With the Help of Physical Therapy

Did You Know...

- One-third of the population over the age of 65 experiences a fall each year.
- Every 11 seconds, an older adult is rushed to the emergency room for a fall.
- Every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of both fatal and nonfatal injuries among older adults.

The risk of falling is serious, especially as age-related changes to strength, flexibility, and balance begin to occur in older adults. While these statistics may seem frightening, we can help improve your mobility and gait, in order to greatly reduce your risk of falling.

If you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time, it is a sign that you may be living with a balance or gait disorder. Balance disorders, and balance issues in general, all stem from the vestibular system.

The vestibular system is a delicate collection of fluid-filled chambers and sensory nerves located in the inner ear. Your vestibular system helps manage your "proprioception," or sense of position, and when this is altered, it can be difficult to keep yourself steady. If you have been noticing issues with your balance, contact Therapy Fit today. We can help you figure out the root of your problem and treat it accordingly.



**HAVE A PT SUCCESS STORY
YOU WANT TO SHARE?**

Leave Your Favorite PT A Review

Leave a Review

Thank You!

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CALL US AT 972.441.7074 TODAY!





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Why is My Mobility Not What it Used to Be?

Aging causes bones to shrink and muscles to lose their strength, making it more common for us to lose our balance and injure ourselves as we age. In addition to age, there can be many causes of balance and gait disorders, as they can develop from many different underlying conditions – many of which can be exaggerated by age.

Some common vestibular conditions that may be adding to your mobility and gait

issues include:

- **Injury or ailment.** Even if your brain and nervous system are working in harmony with one another, a sudden injury, disease, or other ailment causing muscle weakness can interfere with your balance and make it difficult to keep yourself upright.
- **Neurological issues.** This may include Parkinson’s disease, brain injury, or stroke. Anything that affects your neurological system can also impact your balance.
- **Benign paroxysmal positional vertigo (BPPV).** This occurs when calcium debris breaks off in the inner ear, causing issues with balance.

How Will Physical Therapy Help Me?

Muscle weakness, especially around the hips and core, is often a primary contributing factor to poor balance and falls. With strength and balance training, patients are better equipped to recover from unexpected lapses in gait or a momentary loss of balance to prevent falls.

Perhaps one of the biggest aspects of your treatment plan will be **gait training**. Gait training will include activities to not only improve gait mechanics, but also increase your confidence and safety in navigating across different terrains and around different obstacles. Our physical therapists will also evaluate the need for an assistive device, or perhaps make modifications to a device you are currently using.

Both **static and dynamic balance training** will likely also be incorporated into your physical therapy treatment to help your body learn how to better respond to environmental challenges to their balance. For example, you may be asked to stand on one leg while performing a mentally-challenging task, such as reciting the alphabet or reading a paragraph of text out loud. Our physical therapists will also teach you balance strategies to help mitigate fall risk.

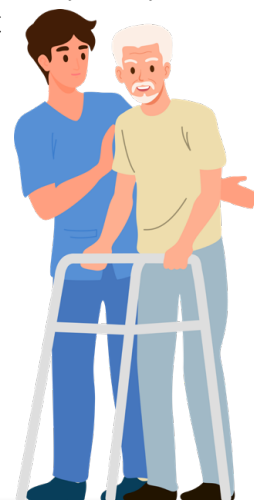
Endurance training may also be used, not just to improve muscle endurance for activity, but also to improve aerobic capacity for activity, both of which will reduce fatigue as a risk factor for falls when walking or completing daily tasks..

Contact Us Today for Relief

When you arrive for your initial consultation, one of our physical therapists will conduct a comprehensive physical evaluation to examine your balance, gait, stance, medical history, and symptoms, before creating a personalized treatment plan made for your specific needs.

Whatever the case may be, all treatment plans will contain targeted gait training and mobility exercises to help improve your core, vestibular system, and overall proprioception.

Are you ready to get back on your feet and move again with ease? Contact Therapy Fit today to schedule a consultation and get started!



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PATIENT SUCCESS SPOTLIGHT



“This is one of the best PT places I have been to. Dr. Reddy is great. He cares about his patients and loves helping people. Moah is amazing, she takes care of everyone and is always cheerful and helpful. The front desk staff are very friendly and flexible. So the entire experience is great. They are treating my lower back which improved more than 70%.” –Mona E.

SHARE YOUR SUCCESS STORY AND BE SOMEONE’S HERO

CLICK HERE TO SHARE YOUR SUCCESS STORY

TIPS FOR HOME SAFETY & FALL PREVENTION!

AROUND THE HOUSE

BATHROOM

- Install grab bars
- Use non-slip mats
- Add a raised toilet seat

ROOMS/STAIRS

- Improve lighting
- Fix steps & floors
- Install handrails & anti-slip strips
- Remove excessive furniture
- Remove clutter, rugs and electrical cords from pathways



BEDROOM

- Making lighting easily accessible
- Install a telephone for emergencies
- Add bed rails
- Plug in night-lights

KITCHEN

- Install smoke and gas alarms
- Keep items accessible
- Don't stand on stools

TAKE CARE OF YOUR HEALTH

- Get your vision and hearing checked
- Review your medications with your doctor
- Stay active and exercise

For additional tips or for a comprehensive exercise plan to keep you healthy, strong, and active, contact Therapy Fit today!

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VARIOUS CONDITIONS THERAPY FIT CAN TREAT

- Arthritis
- Back Pain & Sciatica
- Scoliosis and Posture
- Elbow, Wrist Pain
- Hip and Knee Pain
- Interstitial Cystitis
- Neck Pain
- Post-Surgical Rehab
- Pre-Surgical Rehab
- Shoulder Pain
- Work Injury
- Sports Injury
- Chronic Pain
- Foot and Ankle Pain
- Women's Health
- Neurological Disorders
- Urinary Incontinence
- Balance and Gait Disorders
- Ankle Sprain
- Torticollis
- Plus More Conditions



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5-Minute Egg and Hummus Flatbread

INGREDIENTS

- 1 tbsp hummus
- 1 whole grain wrap
- 1/4 cup baby arugula
- 1/2 English cucumber, cut into matchsticks
- 1/2 cup cherry tomatoes, halved
- 1/8 cup Greek feta, crumbled
- 1 soft-boiled egg, peeled, halved
- 1 tbsp chopped fresh Italian parsley leaves

DIRECTIONS: Spread the hummus over the wrap. Top with the arugula, cucumber, tomato, feta, egg and parsley. Season and serve.

<https://www.taste.com.au/recipes/5-minute-egg-hummus-flatbread-recipe/gblv1m06>

Do you have aches and pains? Come Back In For A Tune-Up:

We can help in many ways, including:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

If You Are In Pain or Have Sustained An Injury
Call Your Physical Therapist Today!

972.441.7074

