



REBOUND FITNESS & REHABILITATION

# NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

## *Preventing Falls With Physical Therapy*



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# REBOUND FITNESS & REHABILITATION NEWSLETTER

*The Newsletter About Your Health & Caring For Your Body*

## *Preventing Falls This Winter*



**COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!**

Have you noticed you don't seem to be quite as steady on your feet? Did you know that you can get your balance checked? At Rebound Fitness & Rehabilitation, our physical therapists are movement specialists. We can help you figure out why your balance is off and, more importantly, how to get it back!

No matter what age you are, you can always improve your balance. According to the CDC, about one in four adults age 65 and older report falling each year. Even those who do not live with a balance or gait disorder can still suffer from a fall.

People who notice they feel imbalanced, dizzy, or unsteady may live with a balance or gait disorder. Although balance disorders often stem from the vestibular system, other factors may be affecting your balance as well. Fortunately, physical therapists have the expertise to determine what is causing your limitations and how to resolve them!

If you have noticed issues with your balance, contact Rebound Fitness & Rehabilitation today. We can help you figure out the root of your problem and treat it accordingly.

### **WHAT ARE THE MAIN CAUSES OF FALLING?**

In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about keeping their balance in shape until it is too late and suffer a harsh fall. The good news is that most falls

can easily be prevented simply by regularly exercising your balance systems. The most common reasons for falls include:

- Disorders of the vestibular system
- Muscle weakness (i.e., core and lower extremities)
- Vision loss
- Long-term health conditions like heart disease, dementia, or neurological disorders like Parkinson's or MS

If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately to avoid additional injuries in the future. It is also important to contact a physical therapist if you have any of the following vestibular related symptoms:

- Dizziness or vertigo ("spinning" sensations, even when remaining still).
- Inability to focus or stay alert.
- Double vision or tunnel vision.
- Nausea or vomiting.
- Arm or leg weakness.
- Abnormal eye movements.

The vestibular system is a delicate set of fluid-filled chambers and sensory nerves located in the inner ear. Your vestibular system helps manage your sense of position (aka proprioception) and keep yourself steady. The good news is that you can prevent most falls, and our therapists can show you how!

# HOW WE CAN HELP YOUR BALANCE

The natural aging process increases the risk of falling, but that doesn't mean we should accept falls as a regular part of getting older. Falls are caused by several risk factors that can be reduced or eliminated with physical therapy. For example, your therapists can help you identify hazards within the home that often contribute to a fall, such as:

- Wet floors, such as in the kitchen or bathroom
- Poor lighting
- Rugs or carpets are not properly secured
- Reaching outside abilities, such as a cupboard or cabinet
- Going down stairs without railings
- The person is rushing
- Falling from a ladder or step stool while doing home maintenance work
- Improper medication
- Drinking alcohol

Risk factors relating to your health and wellbeing or your activities and surroundings can contribute to a fall. Our team will take a holistic perspective to determine the origin of your balance issues and the make-up of your treatment plan.

When you arrive at Rebound Fitness & Rehabilitation, your physical therapist will walk you through a comprehensive exam to gauge the nature of your condition and figure out the best course of treatment for your needs.

We will start with an injury evaluation, mobility, strength, and a balance assessment to identify all the factors contributing to the injury. In addition, we will include a review of your fall history and fear of falling, as well as identifying any home hazards/environmental factors that may contribute to your fall risk.



Whatever the case may be, all treatment plans will contain targeted balance exercises, treatment of your vestibular system, and strengthening to help improve your core and lower extremities. Specific gait and coordination drills may also be included in your treatment plan, depending on your condition.

## CALL TODAY TO SCHEDULE AN APPOINTMENT

Are you ready to get back on your feet and decrease your risk of sustaining a balance-related fall? Contact Rebound Fitness & Rehabilitation to schedule a consultation and get started today!

Sources: <https://www.nhsinform.scot/healthy-living/preventing-falls/causes-of-falls> • <https://www.nia.nih.gov/health/prevent-falls-and-fractures> • <https://pubmed.ncbi.nlm.nih.gov/10.1186/s12966-020-01041-3> • <https://bmjgeriatr.biomedcentral.com/articles/10.1186/s12877-019-1359-9> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4760892/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5954334/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5806799/>

## We're Staying Safe!

The staff at Rebound Fitness & Rehabilitation is focused on keeping you healthy and our equipment and facilities clean. To prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



CLEANING  
HANDS  
OFTEN



AVOID  
TOUCHING  
YOUR FACE



STAYING  
HOME IF YOU  
ARE SICK

## STABILIZE YOUR CORE FOR THOSE SLIPPERY WALKS

**Core Kickouts:** Start by lying on your back with your knees bent to 90-degrees and your feet on the floor. Slowly kick one leg straight out and then bring it back in. Repeat on the other side. Make sure to keep your abdominals braced. Repeat 3 sets, 10 reps each.



START THE ROAD TO RECOVERY BY CALLING NOW!

# Our Exclusive STRETCH BOOK

**NOW ONLY 25\$ + FREE SHIPPING**

CALL 847.748.1320 NOW!

The Stretch Book: An Interactive Guide To Restore Flexibility by Greg Cadichon ATC and John Brna MD is available now!



A Great Resource To  
Living A Healthier  
Lifestyle!



Includes Stretches  
For All Major  
Muscle Groups!

Each stretch includes an instructional video to show you exactly what you need. Don't miss out on this limited time offer. Discount is only valid through 01.31.23

For more information, visit us at: [REBOUNDFITNESS.COM](http://REBOUNDFITNESS.COM)

## Are You Keeping Up With Your Appointments?

By ensuring you are staying on track with your physical therapy appointments you will stay on the road of better health and wellness. Consistency is incredibly important in order to achieve the results you want. Can't make it to your appointment? We can also bill your insurance for telehealth and virtual visits! Contact us today with any questions or to schedule your next appointment today!



**REBOUNDFITNESS &  
REHABILITATION**

## PATIENT SUCCESS

*"Been going here for 7+ months and what Greg and his team have done for my daughter is miraculous."*

"Been going here for 7+ months and what Greg and his team have done for my daughter is miraculous. Now, perhaps the greatest compliment is that, for him, it was just another day at the job. He knows the body that well. So well, that HE identified her issues with her knees were NOT growing pains--as she had been so lazily diagnosed multiple times before. He analyzed her movement, strength, balance, etc. and decided it may not be a simple diagnosis of Osgood-Schlatter. He found that she had weak hips, worked his theory and the knee problems subsided. Now she's back on the court (still a work in progress) able to play an entire game. We don't get here without his attention to detail and elite competency of the human body." — T.R.



## Coupon Corner FREE 15 MINUTE DISCOVERY SESSION

*Call To Schedule Today!*

WE LOOK FORWARD TO YOUR CALL:

**847.748.1320**

Offer valid for the first 20 people to schedule.  
**EXPIRES 01.31.23**