



We're Now Open To
In-Person Care!

ARE YOU AT RISK OF SUSTAINING A FALL-RELATED INJURY?

GET BACK ON YOUR FEET WITH PHYSIOTHERAPY

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ARE YOU AT RISK OF SUSTAINING A FALL-RELATED INJURY?

GET BACK ON YOUR FEET WITH PHYSIOTHERAPY

Did you know that 1/3 of the population over 65 falls 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.

According to the Centers for Disease Control (CDC), over 2.5 million adults were treated for nonfatal injuries in emergency departments in 2013. 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 they suffer a harsh fall. The good news is that most falls can easily be prevented, simply by the regular exercising of your balance system. If you have recently sustained a balance-related injury, it is important to seek the help of a physiotherapist immediately, in order to avoid additional injuries in the future. **It is important to note that you should also contact a physiotherapist if you have any of the following symptoms:**

- Dizziness or vertigo ("spinning" sensations, even when remaining still).
- Inability to focus or remain alert.
- Double vision or tunnel vision.
- Nausea or vomiting.
- Arm or leg weakness.
- Abnormal eye movements.
- Difficulty standing up from a seated position or standing for prolonged periods.

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time? Have you suffered from a fall in the past? Are you worried that you may be at risk of sustaining a fall-related injury? If so, contact Lake Country Physiotherapy today so we can help you figure out the root of your problem and treat it accordingly.



1. *Feel free to call us and ask to speak to your therapist.*



2. *Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.*



3. *If further assessment is warranted, your therapist might recommend you come in for an appointment.*

**Call Lake Country
Physiotherapy
to talk with your
physiotherapist today!**

How Will Physiotherapy Help Reduce My Fall Risk?

A recently published systematic review by Cochrane, comprised of over 100 randomized controlled trials, supports exercise interventions as an effective treatment method for patients with an increased risk of falling. The average age of patients in this review was 76, and 77% of the patients were women.

Results concluded that those who participated in exercise interventions had a 23% decrease in falls as compared to the control group. Fall risk was also reduced at 21-24%, depending on if treatments were done in individual or group settings. The risk of fall-related fractures was decreased by 27% and the number of falls that required medical attention was decreased by 39%. Concluding statements from the authors demonstrated how overall, "Exercise reduces both the rate of falls...and the number of people experiencing falls."

At Lake Country Physiotherapy, your initial physical evaluation may consist of several parts to better determine what your most problematic factors are. These may include vision tests, thinking tests, resting heart rate checks, active heart rate checks, and evaluations of your gait, balance, range of motion, and strength.

Based on the results of this evaluation, your physiotherapist will design a treatment plan around your specific needs. These plans are aimed first and foremost at reducing your risk of falling, but they will also aid you in improving balance, strength, flexibility, endurance, and overall movement. **Some common forms of treatment include:**

- **Pain management.** If you are feeling pain anywhere, it will be one of the first things addressed in your treatment plan. Your physiotherapist will want to make sure that your treatment is as comfortable as possible, so you will work together on relieving pain first, before continuing into any other forms of physical activity that may bring you discomfort.

- **Walking and moving programs.** This part of your treatment plan is aimed at getting you back to your normal physical function when walking and/or moving. Your physiotherapist may ask you to perform certain activities, such as walking in a circle or completing an obstacle course.
- **Balance training.** Balance is a large part of fall prevention, as lack of stability is one of the main reasons why falls occur. Your physiotherapist will design a balanced training plan for you as part of your treatment, and may ask you to perform certain balance-based activities, such as standing on one leg or holding your balance while performing a mentally-stimulating task (such as reciting the alphabet or reading a page from a book)
- **Strength training.** Strength training is typically paired with your balance training. Your physiotherapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement. The goal of this will be to improve your standing and walking balance, as well as your ability to recover from a loss of balance.
- **Endurance training.** Endurance training is all about working up to more advanced levels of the same form of treatment. Your physiotherapist will provide you with an aerobic exercise program and will slowly add on time to those exercises as your endurance improves. For example, your endurance training may begin at 10-minute sessions and then may progress to 30-minute sessions.



Get your life back on track with
Lake Country Physiotherapy!

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Keeping Your Health In Mind

Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution. **During these difficult times, physiotherapy is considered essential and at Lake Country Physiotherapy we are offering methods of treatment for patients recovering from COVID-19.** As more research is done, it's being discovered that there are several negative lasting effects from the virus, many of which are causing physical and emotional challenges that can continue for unprecedented amounts of time. The side effects and impairments a person might experience after having COVID-19 can persist for months, and recovery may not be an easy road to go down alone. **To learn more about what our clinic is doing to prevent the spread of COVID-19 as well as treat patients suffering from painful side effects, contact our office today!**



OUR EMPLOYEES
ARE WEARING
PROPER MASKS



OUR EMPLOYEES ARE
PRACTICING SAFE
DISTANCING



OUR EMPLOYEES
ARE USING GLOVES
WHEN NECESSARY



WE ARE CHECKING
THE TEMPERATURE
OF EACH PATIENT



OUR EMPLOYEES ARE
AVOIDING HUGS &
SHAKING OF HANDS



OUR EMPLOYEES
ARE WASHING THEIR
HANDS REGULARLY

Five Health Benefits of Spring Cleaning!

Allergy Symptom Reduction. A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering about 20 million North Americans are allergic to dust mites according to the Asthma and Allergy Foundation of America. A 2014 study by the American College of Allergy, Asthma, and Immunology found that cleaning and decluttering your home can help you avoid allergy symptoms and make you feel healthier.

Cleanliness Produces Happiness. Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles found that having a clean home can improve your mood and reduce your risk of depression. Studies also show that doing housework for 20 minutes can reduce stress and anxiety by up to 20 percent.

Better Heart Health. If you're looking for an easy way to support your heart health, just 30 minutes per day of light exercise (including low-intensity physical activities like household chores, vacuuming, mopping, and scrubbing floors) can decrease your risk of heart disease by 24 percent.

Declutter and Do a Good Deed by Donating. An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Get a Better Night's Sleep. Do you have trouble sleeping at night? The National Sleep Foundation found in a recent poll that people who make their beds are 19 percent more likely to sleep well on a regular basis. Clean sheets with a fresh scent impacted 75 percent of those individuals polled. See what a difference spring cleaning can make by cleaning the clutter from your room and sleeping on some fresh sheets.


Sources:

[ncbi.nlm.nih.gov/pubmed/19934011](https://pubmed.ncbi.nlm.nih.gov/pubmed/19934011)
parsleyhealth.com/blog/health-benefits-spring-cleaning



Exercise Essential



 SimpleSet Pro

SINGLE-LEG STANCE FORWARD

Stand tall. Be close to support, both at your sides and behind in case you lose your balance. Balance on one leg. Hold for 10 seconds. Repeat on each side.

Did You Know?

We Can Also Treat:

- Back Pain
- Contusions
- Headaches
- Hip Pain
- Joint Pain
- Knee Pain
- Mobility Issues
- Neck Pain
- Pelvic Injuries
- Shoulder Pain
- Sports Injuries
- Sprains

Healthy Recipe *Arugula, Grape, & Sunflower Seed Salad*

INGREDIENTS

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

DIRECTIONS

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

