



PREVENTING FALLS WITH PHYSIOTHERAPY

www.LakeCountryPhysio.com | (705) 413-3587

INSIDE:

- How Physical Therapy Can Help Your Balance
- Types Of Footwear For Better Mobility



PREVENTING FALLS WITH PHYSIOTHERAPY

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 Lake Country Physiotherapy, our physiotherapists 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, physiotherapists have the expertise to determine what is causing your limitations and how to resolve them!

If you have noticed issues with your balance, contact Lake Country Physiotherapy 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 physiotherapist immediately to avoid additional injuries in the future.

It is also important to contact a physiotherapist if you have any of the following vestibular related symptoms:

- Spinning sensations or vertigo (even when standing 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.

The good news is that you can prevent most falls, and our therapists can show you how!



Get your life back on track with
Lake Country Physiotherapy!

www.LakeCountryPhysio.com

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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 Physical Therapy 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 physiotherapy.

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 Lake Country Physiotherapy, your physiotherapist 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 Lake Country Physiotherapy to schedule a consultation and get started today!

Sources:
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Scan the QR Code to visit our Reviews page and tell us how much you love Lake Country Physiotherapy!



Types Of Footwear For Better Mobility

Have you tried to find the “right” shoe or been told you need more support but don’t know what that means? A great way to determine what shoe is best for you is to have your body’s biomechanics and gait assessed by one of our physiotherapists.

When choosing a sneaker, boot, or shoe, remember the following:

- Modern shoes rarely need to be broken in.
- Make sure you have space between your longest toe and the end of the shoe.
- The toe box should be snug and not too tight.
- Your heel should not slip up and down.
- Try the shoes on later in the day.

No matter what type of shoe you are looking for, our team at Lake Country Physiotherapy can assess your body and guide you through finding the one that works best for your particular needs!

If you are struggling with pain or uncertain about the ideal shoe for your foot, call us today and request an appointment with one of our specialists!

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5984451/>



Healthy Recipe *Blueberry Muffin Overnight Oats*


- 1 cup rolled oats
- 1/2 cup blueberries, mashed
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- 1 teaspoon lemon zest
- pinch of salt
- 1/2 cup vanilla Greek yogurt
- 3/4 cup unsweetened almond milk

First, mash 1/2 cup blueberries in a large bowl. Then add the rest of the wet ingredients and mix until smooth. Add in dry ingredients and mix again. Place in the refrigerator, cover for at least 2 hours or overnight. Serve cold. Top with granola, lemon zest, and fresh blueberries.

Source: <https://fitfoodiefinds.com/blueberry-muffin-overnight-oats/>

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.

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