



DON'T LET FEAR OF FALLING HOLD YOU BACK

*How Physical Therapy Can Reduce Your Risk
of a Fall-Related Injury*

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in next month's
newsletter!*





DON'T LET FEAR OF FALLING HOLD YOU BACK

How Physical Therapy Can Reduce Your Risk of a Fall-Related Injury

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 falling? At Cornerstone Physical Therapy, our team will address your concerns and help you regain your confidence!

In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about working on their balance until it is too late. The good news is that you can easily prevent most falls with guidance from a physical therapist.

Falls are a significant concern for seniors, and even without an injury, a fall can cause a loss of confidence and reduce a person's ability to carry on with daily activities. 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. Our team will give you the tools to recover from a recent fall or avoid additional injuries in the future. Let us help you get stronger and more confident so you can do the things you enjoy!

Are You at Risk of Falling?

Some people have a higher risk of falling than others, and a combination of factors causes most falls. The more risk factors

a person has, the greater their chances of falling. The most common risk factors include:

- Advanced age
- Dizziness or vertigo ("spinning" sensations, even when remaining still)
- Vision problems
- Impaired balance and gait control (whether age-related or due to illness)
- Muscle weakness and reduced physical fitness due to a sedentary lifestyle
- Neurological disorders (i.e., Parkinson's disease and Alzheimer's)
- Cardiovascular disease (i.e., heart attack, stroke, PAD)
- Cognitive impairments
- Depression
- Acute and chronic illnesses
- Previous history of falls

Your physical therapist will assess your medical history to determine how many risk factors toward falling you may have. They will educate you on what these factors mean, as well as steps you can take to decrease your risk.

PHYSICAL THERAPY CAN KEEP YOU ON YOUR FEET

Our physical therapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation, mobility, strength, and a balance assessment to identify all the factors contributing to the injury. This will consist of a thorough history to understand more about the demands on the body, how many risk factors you may have, and your overall health status.

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. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques for the individual.

What to Expect in Physical Therapy

The good news is that you can prevent most falls. The key is to get guidance from your therapist, who will teach you the correct exercises to improve your balance.

Our recommendations aim to reduce your risk of falling, but they will also aid you in improving coordination, strength, flexibility, and overall movement.

Some common aspects of treatment include:

- **Pain management.** Your physical therapist will work with you on relieving pain first before continuing any other forms of physical activity.
- **Balance training.** Balance is a large part of fall prevention, as lack of stability is one of the main reasons falls occur. Your physical therapist will design a balance training plan for you as part of your treatment.
- **Strength training.** Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement.

Your physical therapist will then incorporate task-specific treatments with a safe and effective progression to assist you in a safe return to daily activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

Call Our Clinic for Help Today

Exercise is one of the most effective treatment methods for patients with an increased risk of falling. Our team will help guide you through the steps you need to regain your confidence and reclaim your life. Contact Cornerstone Physical Therapy to schedule a consultation and get started today!

Sources: <https://www.cdc.gov/homeandrecreationsafety/falls/adultfalls.html>; <https://www.bmj.com/content/347/bmj.f4234>; <https://bmjgenerate.biomedcentral.com/articles/10.1186/s12877-019-1359-9>; <https://jgnpa.biomedcentral.com/articles/10.1186/s12966-020-01041-3>

HAVE YOU MET YOUR 2022 DEDUCTIBLE?

YOU MAY QUALIFY FOR FREE PHYSICAL THERAPY FROM THE TEAM YOU TRUST

Have you met your 2022 deductible? If you have met your insurance deductible this year, or have money in your HSA account, **it could cost you little or nothing for us to treat those aches and pains!** Or, if you want to work on your core strength before we head into 2023, the Cornerstone PT team can help! Your insurance plan may cover it completely.



CALL TODAY!

FREE 15 MIN. CONSULTATION



CALL TO SCHEDULE TODAY!

We Look Forward To Hearing From You!

(817) 826-9757

5517 S Hulen Street • Fort Worth, TX 76132

Offer valid for the first 20 people to schedule.
Expires December 31, 2022

Healthy Recipe PUMPKIN SOUP

- 6 cups vegetable stock
- 1 ½ tsp salt
- 4 cups pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ cup heavy whipping cream
- 2 tsp black pepper



Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>

PATIENT SUCCESS STORY

Cornerstone Physical Therapy would like to say "CONGRATULATIONS, Nancy!" She has shown incredible determination in getting her independent mobility back!!! It was a joy to treat her here at our facility!



"I had a great time at Cornerstone Physical Therapy every time I went. He makes sure that you are okay before he discharges you. They are all so sweet." — Nancy F.

Share your success story for a chance to be featured in next month's newsletter! Leave us a review by scanning the QR code; this will allow others to receive the same great care that they deserve.



CHECK US OUT!

We are beyond excited to share our new location with you! We can't wait to bring you the same quality care in a new and convenient location.



WE CAN'T WAIT TO SEE YOU!

COME BACK TO PT!

Are you recovering from a sports injury? Call us today to schedule your appointment.

**CORNERSTONE
PHYSICAL THERAPY**

(817) 826-9757