



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. Call Cornerstone Physical Therapy today for an appointment, and 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)

PATIENT SUCCESS STORY

“When I first started physical therapy my balance wasn’t very good. After spending time at Cornerstone Physical Therapy my balance and confidence have both improved tremendously.”

— Montrell F.

- 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 and a mobility, strength, and 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 identify 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.



Sources: <https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>; <https://www.bmj.com/content/347/bmj.f6234>; <https://bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-019-1359-9>; <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-020-01041-3>

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!

**CLICK HERE
to make your
appointment
today!**

EXERCISE ESSENTIALS

ROMBERG BALANCE TEST

Test your balance ability.

Start by placing one foot with your heel right next to the arch of your other foot. Keep your knees straight but not locked and bring your arms across your chest. Balance like this making sure to keep your abdominals braced and your butt squeezed. Hold for 30 seconds and repeat. If you have trouble keeping your balance, contact Cornerstone Physical Therapy to schedule an evaluation!




Always consult your physical therapist before starting exercises you are unsure of doing.

**FOLLOW
US!**

Keep up with our clinic happenings by following us on Facebook, Instagram and YouTube!

 <https://www.facebook.com/cornerstonephysicaltherapyclinic>

 <https://www.instagram.com/cornerstoneptx/>

 <https://www.youtube.com/channel/UCN0IXnLIZ4HtcHmZlrLRuqA>

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

 **REVIEWS**

www.thecornerstonept.com

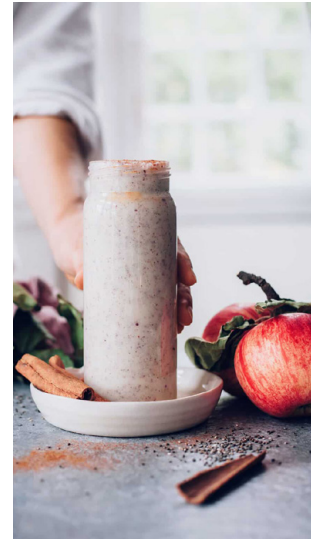


HEALTHY RECIPE

APPLE PIE CHIA SMOOTHIE

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoon chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch nutmeg and salt



Blend all ingredients until smooth; add ice if desired.

<https://helloglow.co/fall-smoothies/> Photo by Ana Stanciu

COME BACK TO PT!

**FREE 15-MINUTE
CONSULTATION**

CALL TO SCHEDULE TODAY!

(817) 826-9757

Offer valid for the first 20 people to schedule.
Expires October 31, 2023

 **CORNERSTONE
PHYSICAL THERAPY**

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