

NEWSLETTER



PHYSICAL THERAPY CAN REDUCE YOUR RISK OF A FALL-RELATED INJURY

2022

What To Expect
In Physical Therapy

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4 Ways To Invest In
Your Health Today



**Albanese
Physical
Therapy**



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 Albanese 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 Albanese 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)
- 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.



Has Your Pain Come Back?

Don't hesitate to schedule an appointment to discuss your personalized treatment plan.

(724) 419-8927

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.

Three common aspects of treatment include:

- 1. Pain management.** Your physical therapist will work with you on relieving pain first before continuing any other forms of physical activity.
- 2. 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.
- 3. 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 Albanese 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.16234>

<https://bmjopen.bmj.com/lookup/doi/10.1136/bmjopen-2019-025999>

<https://jpnpa.biomedcentral.com/articles/10.1186/s12946-020-01041-3>



Get Your Life Back with Albanese Physical Therapy

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting albanesephysicaltherapy.com



FEEL BETTER BY EATING BETTER

STRAWBERRY SMOOTHIE BOWL

- 1 frozen banana, peeled
- 1 cup frozen strawberries
- ½ cup milk, more as needed
- Toppings of choice!

Add the banana, and strawberries to your blender. Let it sit in the blender for 2-3 minutes to soften slightly. Turn the blender on low and let it slowly chop up the fruit into small pieces.

Add in the milk and blend, starting on low and working the speed up slowly, until smooth. Use a tamper or scrape down the sides as needed.

Spoon the smoothie into a bowl and add on your desired toppings!

EXERCISE OF THE MONTH

HIP ADDUCTOR STRETCH

Improve the strength and coordination of your hip muscles. Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg.

Having trouble performing this or having discomfort? Call us at (724) 419-8927 for a free consult!



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4 WAYS TO INVEST IN YOUR HEALTH TODAY



1. Make Sure To Eat Healthy.

Eating healthy doesn't mean you have to stay away from all sweets and salty snacks, it just means being smart about your food choices. Try swapping out your burger for lunch for a healthy meal of salmon and asparagus and buy less sugary snacks at the grocery store.

2. Exercise Regularly.

We all have unique bodily compositions. You don't have to work out so hard that you pass out! Find a workout that raises your heart rate as much as feels comfortable for you. In this sense, exercise turns into medication.

3. Get To Sleep At A Decent Hour.

Everywhere we look nowadays, there's a glow of blue light glaring back at us. Try to put your phone down and turn your television off in the evenings so your mind and body have a chance to slow down and get ready for sleep. Staying up until two in the morning is setting your body up for exhaustion. If you must have a light on at night, Harvard Health suggests "[using] dim red lights for night lights. Red light is less likely to shift circadian rhythm and suppress melatonin."

4. Pay Attention To Your Mental State Of Being.

Being healthy is about more than just your physical state. Your mental and emotional wellbeing are important as well. Investing in your health means investing in all aspects of your body, and if you're struggling with anxiety or depression, it could benefit you to see a counselor.

Source: <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

STAFF SPOTLIGHT



Dr. Autumn Sabo is an Assistant Professor of Biology at Penn State Beaver and studies plant ecology, focusing on community dynamics in forest systems. She teaches courses about ecology and environmental science that involve outdoor lessons. In addition to her research and teaching background, Dr. Sabo has also worked in natural resources management. One of her interests and area of research is how deer affect the growth of wildflowers and the overall impact of deer activity on light and soil composition.

She was recently discharged from Albanese Physical Therapy following an injury to her shoulder and this is what she had to say: "Your casual, friendly atmosphere made PT an enjoyable start to my day. Rich and Dana are great listeners. Before PT I could barely use my left arm for months. After a month of PT my strength and range of motion were improved but then my progress plateaued and, as Rich predicted, I required orthopedic intervention. Now, about a month after my procedure, I am back to almost normal activity and am gardening and easing back into yoga."

I went to Albanese Physical Therapy for a painful back and side that was interfering with day to day activities. Rich focused on my pain and with therapy and exercises he diagnosed and corrected my problems. **What a relief to be pain free again. The therapy he provided helped to reduce the pain at the start.** Thanks Rich for helping me. I will see you again when the need arises.

M. O.

Google Review



FIND US

801 Fifth Ave
New Brighton, PA 15066

OUR HOURS

Monday & Tuesday: 8 AM - 5 PM
Wednesday: 8 AM - 12 PM
Thursday & Friday: 8 AM - 5 PM
Saturday & Sunday: Closed

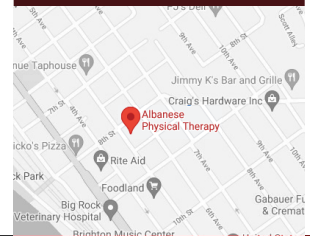
CONTACT US

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@ALBANESEPHYSICALTHERAPY



Have You Been Loving Albanese Physical Therapy?

We would love to hear your story! Scan the QR code to visit our Google Review page to leave us a 5-Star Review!

HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

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