

NEWSLETTER



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

2023

Physical Therapy
Can Keep You On
Your Feet

Apple Pie
Chia Smoothie

Clinic News
Our Summer Highlights



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.



Has Your Pain Come Back?

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

(724) 419-8927



FREE SCREENING

Schedule your free screening today!

(724) 419-8927

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.

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.

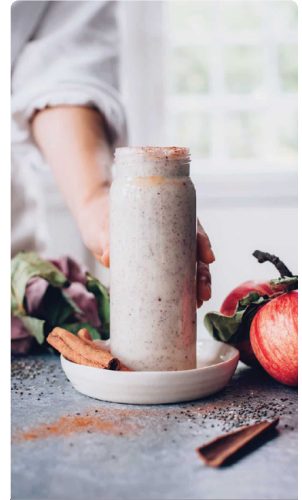
Contact Albanese Physical Therapy to schedule a consultation and get started today!

Sources:
<https://www.cdc.gov/homeandrecreationsafety/falls/adultfalls.html>
<https://www.bmj.com/content/347/bmj.f6234>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1011866/>
<https://pubmed.ncbi.nlm.nih.gov/312977-019-1359-9>
<https://jgpa.biomedcentral.com/articles/10.1186/s12966-020-01041-3>



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

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://helloglowlow.co/fall-smoothies/> Photo by Ana Stanciu



CLINIC NEWS

OUR SUMMER HIGHLIGHTS

As the weather is getting colder and winter approaches, I thought it would be a good time to reflect on the memories that were made this summer. Thankfully, the weather was great which allowed everyone to enjoy their favorite outdoor activities.

Our family vacation this year was to Punta Cana in the Dominican Republic. This is the second time that we have been to an all-inclusive resort, but the first time visiting the Dominican Republic. If you have never vacationed at an all-inclusive resort, I highly recommend it. It is so relaxing to wake up every day and not worry about anything. Your day consists of breakfast, beach, cocktails, lunch, pool, more cocktails, shower, dinner, more cocktails and bed. Repeat every day for 1 week. The highlight of the week was an excursion to Saona Island where there is crystal clear blue water and white sand. I've never seen anything like it before. On the return trip back to the resort, the boat stopped at a natural pool in the sea where we could walk among starfish.

My wife Mandy and I celebrated our 25th wedding anniversary this summer, and we decided to celebrate by taking a trip to Las Vegas. This was another first for us as neither of us had been there before. I see why people like to frequent Vegas, with all the action, shows, lights but most of all, for us, was the food. The culinary experience was awesome! The highlight of our trip was a foodie tour through a company called Lip Smacking Foodie Tours, it was worth every penny. They took us on a tour of four 5-star restaurants where we sampled several of their signature dishes. On our final evening, we celebrated our anniversary with a romantic Italian dinner at Bootleggers as we were serenaded by the piano man.

Finally, I can't reminisce about my summer without reflecting on all the great times that I had with the guys on Fridays in the Conway Lounge golf league. If you have ever been in a golf league sometimes, you're the joker and sometimes you are the joke. This year I was the joke that was often brought up throughout the season. To make a long story short, I was teeing off on a par 3 and hit an absolutely terrible shot. The ball fell the head of the club, never got more than six inches from the ground and pulled straight left most likely ending up in the woods. To all our amazement the ball hit the yellow senior tee marker, 20 yards ahead, and the ball popped straight up into the air and landed right beside it. The ball was saved from the woods, but I was not saved from a season full of ribbing. In my opinion it was an amazing shot because no one has done it before, at least in my league. I was presented with an award at the end of year banquet that is pictured above.

I hope you, too, all had a memorable summer!

Rich Albanese, PT, Owner



DON'T LET YOUR 2023 INSURANCE BENEFITS GO TO WASTE!

Take charge of your health today and make the most of your insurance benefits! If you've already met your deductible this year or have funds left in your HSA account, you can take advantage of this remarkable opportunity at Albanese Physical Therapy. Don't let these valuable benefits go unused!



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!

Best experience bar none. Rich is spot on with his ability to work with your pain and bring your former injuries back to normal.

I personally will only go to Rich again best experience ever!

★★★★★
5-Star Google Review



FIND US

801 Fifth Ave
New Brighton, PA 15066

OUR HOURS

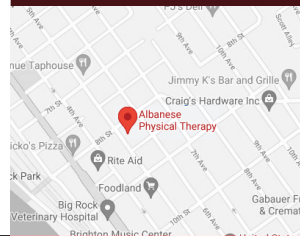
Monday & Tuesday: 8 AM - 5 PM
Wednesday: 8 AM - 12 PM
Thursday & Friday: 8 AM - 5 PM
Saturday & Sunday: Closed

CONTACT US

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HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

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