



# NEWSLETTER

## DON'T FALL INTO WINTER!

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



### OUR SERVICES

THERAPEUTIC

EXERCISE

BALANCE TRAINING

POSTURAL

RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE

MOBILIZATION /

MYOFASCIAL RELEASE

[www.wisept.com](http://www.wisept.com)



# NEWSLETTER

## DON'T FALL INTO WINTER!

### 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 Wise 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 Wise 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

**Call Us Today (907) 562-2118**

**SCHEDULE A CONSULTATION TODAY  
GET RID OF YOUR ACHEs AND PAINs!**

[www.wisept.com](http://www.wisept.com)

# PHYSICAL THERAPY CAN KEEP YOU ON YOUR FEET

- 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 Wise Physical Therapy to schedule a consultation and get started today!

Sources:

<https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

<https://www.bmj.com/content/347/bmj.f6234>

<https://bmjopen.bmj.com/articles/10.1136/bmjopen-2019-021413>

<https://jgna.biomedcentral.com/articles/10.1186/s12966-020-01041-3>

## HOW ARE WE DOING? LET US KNOW!

*We can't wait to see you again! In the meantime, please leave us a review and let us know how we've been doing. Scan the QR code to go directly to our Review Us page. We look forward to seeing you again soon!*



**CALL US TODAY FOR AN APPOINTMENT (907) 562-2118**

## WE NOW OFFER OCCUPATIONAL THERAPY

Occupational therapists (OTs) treat acute and chronic injuries, patients with disabilities, and chronic medical conditions. Our therapists use therapeutic exercises and adaptive equipment to help you restore your ability to perform everyday activities.

In addition, occupational therapy helps people from young to old by implementing strategies to help you learn and maintain the skills to do the things that are important like:

- **Self-care.** Dressing, bathing, eating, moving around the house
- **Being productive.** Participating in work and/or school, participating in the community
- **Leisure activities.** Gardening, social activities
- **Cognitive strategies.** Problem-solving, memory activities

At Wise Physical Therapy, our occupational therapists can help you restore your function and teach you the skills to manage your daily activities.

## 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



"After having 4 months of treatments, 3x weekly then 2x weekly, I've returned to work as a cashier. I was apprehensive about my previous knee issues before PT, which were causing me to fall. I'm amazed that I don't have any of those issues; my gait and posture are better and standing on my feet isn't as problematic. Thanks, guys!" — **Elizabeth B.**



### Do You Have Friends Or Family Who Can't:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently & securely
- ✓ Sit for long periods
- ✓ Walk for long distances
- ✓ Live active and healthy

Name: \_\_\_\_\_

Referred by: \_\_\_\_\_

**A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!**

## Call (907) 562-2118 Today!



1200 Airport Heights Drive  
Suite 170 (Building E)  
Anchorage, AK 99508-0031  
Phone: (907) 562-2118  
[www.wiseppt.com](http://www.wiseppt.com)

## FOLLOW US!

Look and feel your **BEST.**



## "Our Mission is Movement!"