

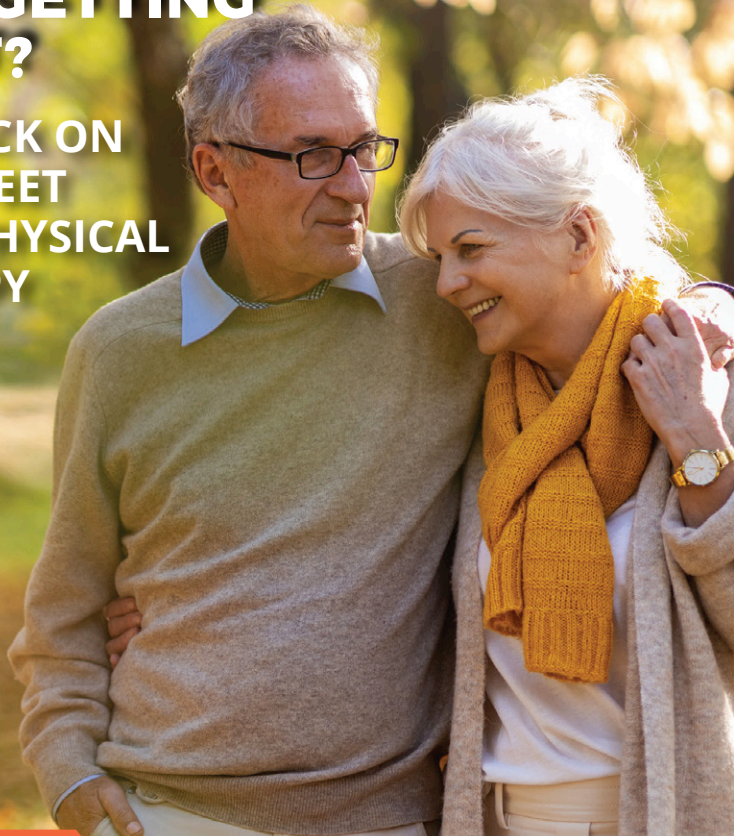


connections
PHYSICAL THERAPY

NEWSLETTER

ARE YOU AFRAID OF FALLING AND GETTING HURT?

GET BACK ON
YOUR FEET
WITH PHYSICAL
THERAPY



ALSO INSIDE

BE STEADY ON YOUR FEET AGAIN WITH PHYSICAL THERAPY
CANDY CORN SMOOTHIE



ARE YOU AFRAID OF FALLING AND GETTING HURT?

**GET BACK ON YOUR FEET
WITH PHYSICAL THERAPY**



Did you know that 1/3 of the population over 65 falls each year? Every 11 seconds, an older adult is rushed to the emergency room for a fall. Every 19 minutes, an older adult dies from a fall.

According to the Centers for Disease Control (CDC), over 2.5 million adults were treated for nonfatal injuries in emergency departments in 2013. In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about keeping their balance in shape until it is too late and they suffer a harsh fall. The good news is that most falls can easily be prevented, simply by the regular exercising of your balance system. If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately, in order to avoid additional injuries in the future. It is important to note that you should also contact a physical therapist if you have any of the following symptoms:

- Dizziness or vertigo ("spinning" sensations, even when remaining still)
- Inability to focus or remain alert
- Double vision or tunnel vision
- Nausea or vomiting
- Arm or leg weakness
- Abnormal eye movements
- Difficulty standing up from a seated position or standing for prolonged periods of time.

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 sustaining a fall-related injury? If so, contact Connections Physical Therapy today so we can help you figure out the root of your problem and treat it accordingly.

Am I At Risk Of Falling?

Some people have a higher risk of falling than others. Certain risk factors include:

- Advanced age
- Being female
- Living a sedentary life
- Previous history of falls
- Vertigo or dizziness
- Parkinson's disease
- Alzheimer's disease
- Heart disease
- Diabetes
- Previous stroke or heart attack
- Arthritis or alternative joint pain
- Problems with vision
- Problems with walking or staying balanced
- Fatigue
- Overall poor health

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. After this, they will perform a thorough physical evaluation to figure out what the best treatment plan for you will be.

COME BACK IN FOR PT!

BE STEADY ON YOUR FEET AGAIN WITH PHYSICAL THERAPY

A recently published systematic review by Cochrane, comprised of over 100 randomized controlled trials, supports exercise interventions as an effective treatment method for patients with an increased risk of falling. The average age of patients in this review was 76, and 77% of the patients were women.

Results concluded that those who participated in exercise interventions had a 23% decrease in falls as compared to the control group. Fall risk was also reduced at 21-24%, depending on if treatments were done in individual or group settings. The risk of fall-related fractures was decreased by 27% and the number of falls that required medical attention was decreased by 39%. Concluding statements from the authors demonstrated how overall, "Exercise reduces both the rate of falls...and the number of people experiencing falls."

At Connections Physical Therapy, your initial physical evaluation may consist of several parts to better determine what your most problematic factors are. These may include vision tests, thinking tests, resting heart rate checks, active heart rate checks, and evaluations of your gait, balance, range of motion, and strength.

Based on the results of this evaluation, your physical therapist will design a treatment plan around your specific needs. These plans are aimed first and foremost at reducing your risk of falling, but they will also aid you in improving balance, strength, flexibility, endurance, and overall movement. Some common forms of treatment include:

- **Pain management.** If you are feeling painful anywhere, it will be one of the first things addressed in your treatment plan. Your physical therapist will want to make sure that your treatment is as comfortable as possible, so you will work together on relieving pain first, before continuing into any other forms of physical activity that may bring you discomfort.

- **Walking and moving programs.** This part of your treatment plan is aimed at getting you back to your normal physical function when walking and/or moving. Your physical therapist may ask you to perform certain activities, such as walking in a circle or completing an obstacle course.
- **Balance training.** Balance is a large part of fall prevention, as lack of stability is one of the main reasons why falls occur. Your physical therapist will design a balance training plan for you as part of your treatment, and may ask you to perform certain balance-based activities, such as standing on one leg or holding your balance while performing a mentally-stimulating task (such as reciting the alphabet or reading a page from a book.)
- **Strength training.** Strength training is typically paired with your balance training. Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement. The goal of this will be to improve your standing and walking balance, as well as your ability to recover from a loss of balance.
- **Endurance training.** Endurance training is all about working up to more advanced levels of the same form of treatment. Your physical therapist will provide you with an aerobic exercise program and will slowly add on time to those exercises as your endurance improves. For example, your endurance training may begin at 10-minute sessions and then may progress to 30-minute sessions.

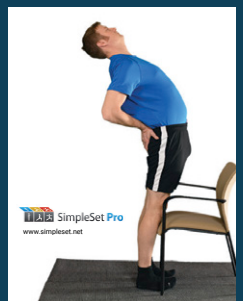
Are you ready to get back on your feet by improving your balance and decreasing your risk of sustaining a fall-related injury? Contact Connections Physical Therapy to schedule a consultation and get started today!



EXERCISE ESSENTIAL

STANDING EXTENSIONS

Stand up straight. Place your hands on the small of your back. Lean backward as far as possible, keeping your knees straight. Hold for 2 seconds and return to the starting position. Complete 10 reps. Repeat up to 8 times per day as needed.



HEALTHY RECIPE

ONE-POT BRAISED CHICKEN WITH KALE AND WHITE BEANS

INGREDIENTS:

- 2 tbsp Olive oil
- 1 tsp Paprika
- 1 tsp Sea salt
- 1/2 tsp Black pepper
- 8 Bone-in, skin-on chicken thighs
- 1 Shallot, minced (about 1/2 cup)
- 1 1/2 cups Chicken broth, separated
- 1 tbsp Dijon mustard
- 2 tbsp Cold butter
- 2 tbsp Lemon juice
- 1 tsp Freshly chopped tarragon, plus more for garnish
- 1/4 cup Capers
- 10 cups Kale, stems removed, roughly chopped
- 1 13.5 oz can white cannellini beans
- 1 cup frozen pineapple chunks

DIRECTIONS:

In a large skillet or braiser with a tight fitting lid heat 1 tablespoon of olive oil over medium/high heat.



In a small bowl mix together paprika, salt and pepper. Pat the chicken thighs dry and season them generously with the paprika mixture.

Place the thighs, 4 at a time, skin side down into the pan. Allow the skin to brown (about 4-5 minutes) then flip them and continue to cook for 3 more minutes.

Remove from pan, set aside. Repeat the process with the remaining thighs. Once the chicken has been removed, add the shallots to the pan and cook over medium heat until just tender.

Add 1 cup of the chicken stock to the pan along with the dijon mustard. Bring to a simmer, stirring to scrape up brown bits and incorporate ingredients. Continue simmering until sauce reduces to about 1 cup and thickens enough to lightly coat the back of a wooden spoon. Remove from heat and slowly whisk in cold butter. At this point the sauce will begin to thicken like the photos show above. Once the butter is incorporated add lemon juice, capers and tarragon.

Add the kale and white beans to the pan and toss until greens are lightly coated with the sauce. Add the chicken back to the pan, tucking each thigh into the greens.



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STAFF SPOTLIGHTS

LAUREN COLLIER DPT



Lauren received her Bachelor of Science in Health and Rehabilitation Sciences degree with a major in Athletic Training from The Ohio State University in 2014. Lauren's passion for injury prevention and rehabilitation grew significantly so she pursued her Doctorate in Physical Therapy from the University of North Carolina in 2017. She joined our Connections team in 2021 at our Mansfield clinic.

One of Lauren's favorite aspects of outpatient orthopedic physical therapy is the diverse populations and array of conditions that therapists treat. Her favorite conditions to treat are chronic shoulder injuries and low back pain. Lauren said, "I strive to create an individualized plan of care for every patient that addresses their specific needs while also working towards achieving the patient's goals. Individualized and goal-oriented programs improve patient happiness, improve patient trust in their health care providers, and increase patient compliance and motivation with the physical therapy plan of care."

When Lauren is not working she enjoys playing with her dog in the pool, hiking (especially in the White Mountains), swimming, weight training, running, HIIT training, baking, and interior designing for her friends/families homes.

VICKI GALLER PT, MED



Vicki graduated from Boston University with a BS in Physical Therapy and continued her education with an M.Ed, rehabilitation administration from Northeastern University. Vicki has been with Connections Physical Therapy for over 25-years and specializes in orthopedic, vestibular, and pelvic floor physical therapy. Throughout her time with Connections she has established a strong following in our

Wellesley clinic in orthopedics and pelvic floor with strong collaboration with local OB GYN physician groups.

In her free time Vicki splits her time between Boston and Mount Washington Valley. She enjoys exercising, playing tennis and pickleball, biking and long walks. As with most of us, she looks forward to resuming traveling once the world settles down a bit.