



connections
PHYSICAL THERAPY



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The Ins and Outs of a Good Fall Prevention Plan

Health & Wellness Newsletter

Have you noticed that you aren't quite as steady on your feet as you used to be? Do you find yourself avoiding your favorite activities or sticking close to home because you're worried you might fall? You don't have to live in fear: Connections Physical Therapy offers dedicated fall prevention services to help restore both balance and confidence!

If you're an older adult, it's understandable that you might be concerned about falling. Falls are a significant source of injury and hospitalization among seniors. Furthermore, the fear of falling can profoundly impact your quality of life, as many people will avoid physical activity out of a misguided attempt to prevent falling.

Fortunately, the team at Connections Physical Therapy has plenty of experience helping our older patients with fall prevention. We can help you identify and address your specific fall risks, improve your balance and stability, and find ways to get you moving with confidence again.

Don't let fear of falling keep you from enjoying your golden years. Call us to schedule an appointment today!

Understanding Your Fall Risk

It's important that every older adult understand their fall risk. Everyone's risk is different; falls are complex, and multiple factors can contribute to a high risk of falling. The more risk factors you have, the more likely you are to suffer a fall.

Which of these factors apply to you?

- You're 65 years or older.
- You've fallen before.
- You're sedentary.
- You have certain medical conditions, such as arthritis, diabetes, or vascular disease.
- You've suffered a stroke.
- You have impaired mobility.
- You have impaired vision.

Stop letting pain get in the way. Give us a call or visit connectionspt.com today!



4 Tips to Avoid a Winter Slump

1. Exercise more: Exercise is one of the best ways to improve your mood. It releases endorphins, which are hormones that create a sense of happiness and euphoria. Exercise also releases serotonin, a neurotransmitter that can help with feelings of anxiety, stress, and depression.

If you're not one to brave the cold weather, know that there are plenty of indoor exercises that can give you a great workout, such as yoga or pilates.

2. Socialize more: Spending time with friends and family lifts your mood and improves your mental health and self-esteem. Feelings of depression thrive when someone feels isolated, so it's crucial to surround yourself with a healthy and loving support system.

3. Take care of yourself: Get enough sleep, drink lots of water, eat healthy food and take breaks from work when needed to refresh your mind. Remember that your health is your greatest asset and should be your number one priority at all times.

4. Get a hobby: Now that it's getting colder, you're likely spending a lot more time inside. Now is the perfect time to pick up a hobby! You could learn to play an instrument, practice your drawing or painting skills, learn to sew or embroider, or start an indoor herb garden.

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What's Involved in a Fall Prevention Plan?

Getting active is one of the best things you can do to reduce your risk of falling. This is why the fear of falling can be so insidious, as it prevents people from engaging in the physical activity that can protect them from falls.

For that reason, a good fall prevention plan is actually a plan to help you get more active. We'll work with you to identify the areas holding you back from a physically active lifestyle—whether that's pain, instability, or something else—and address them.

Because we customize every fall prevention plan to suit the patient's needs, no two plans are alike. *However, we'll generally pull from the following techniques:*

- **Pain Management:** If persistent or chronic pain is holding you back, we can help address pain through manual therapy, gentle exercise, or pain-relieving modalities.
- **Balance Training:** The cornerstone of any fall prevention plan, balance training consists of specialized exercises that challenge your balance. We'll increase the difficulty as you improve, ensuring you see results.
- **Strength Training:** Weak muscles, especially core

muscles, are a significant source of instability. We'll show you appropriate strength training exercises that will help improve your balance while standing and walking—and make it easier for you to recover from a momentary loss in balance.

- **Gait Training:** Your gait refers to your walking pattern, and you're more likely to fall if it's impaired. We'll help correct gait issues so you can walk with confidence.
- **Exercise Program:** Once you've worked through our fall prevention plan, we'll help you develop an exercise program, such as Tai Chi or a walking regime, to get you moving when you're not in the clinic.

Find Your Balance Today!

Don't let a fear of falling keep you from your favorite activities. The Connections Physical Therapy therapists will help you get back on your feet—and stay there.

Call today to get started with an initial fall risk assessment.

Our Goal Is To Help You Reach Yours

[Click here to schedule your appointment!](#)



Sources: <https://www.cdc.gov/falls/facts.html>, <https://www.ncbi.nlm.nih.gov/books/NBK560761/>, <https://www.choosept.com/guide/physical-therapy-guide-falls>

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Exercise of the Month



Romberg Balance

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.

Let's get you better ASAP! Schedule your appointment today!



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**Don't Just Tolerate
Pain, Relieve It!**

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