

The Center for Physical Rehabilitation and Sports Medicine

Balance and Preventing Falls

FALLS REPRESENT THE LEADING CAUSE OF FATAL AND NON-FATAL INJURIES AMONG OLDER ADULTS AND ACTIVE YOUTH. The cause of these preventable falls can range from sports, lower extremity strength and flexibility limitations, to vertigo, dizziness, and vision limitations. Falls may result in injuries as little as bumps and bruises to something more serious such as fractures in the hand, wrist, arm, spine, or the head, and even mild head trauma that can include concussion.

Those who have fallen many times become afraid of falling again and therefore, move more cautiously and become less active or mobile. This can lead to a loss in strength, flexibility, reaction time, and balance. This ongoing cycle can perpetuate itself and cause a loss of personal independence.

The good news is that falls can be prevented and in our state of the art facilities our Physical Therapists at **The Center for Physical Rehabilitation and Sports Medicine** can help. Our Therapists not only treat those recovering from falls, but also screen for those at risk, and provide therapist to help prevent futures accidents.

Care is begun by assessing the various body systems that contribute to the maintaining balance. Then our therapists provide patients with clinical therapeutic exercises and individualized home exercise programs. For scholastic athletes, this would include coordinating return to sports guidelines with your Licensed / Certified Athletic Trainer. Since support is a necessary part of recovery and management, our therapists also work to educate your family and friends on how they can be a part of the rehabilitations process.

The rehabilitation process can at times seem overwhelming. Support is an important part of recovery and management. Before the completion of your program, our therapists will ensure that all patient and family concerns have been discussed. They will also review steps that can be taken at home to ensure a safe location for patients to return. Depending upon your home needs and your insurance, a home safety assessment can be scheduled through the Neighborhood Health in West Chester.

A physician's prescription is necessary for treatment.

The Center for Physical Rehabilitation and Sports Medicine

WEST CHESTER

Fern Hill Medical Campus
915 Old Fern Hill Road
Suite 4, Building A
West Chester, PA 19380
610.738.2480

EXTON

The Commons at Oaklands
700 West Lincoln Highway
Exton, PA 19341
610.518.5845

KENNETT SQUARE

Medical Office Building at
New Garden
830 West Cypress Street
Kennett Square, PA 19348
610.444.6242

SOUTHERN CHESTER COUNTY

455 Woodview Road
Suite 115
West Grove, PA 19390
610.345.1950

ChesterCountyHospital.org



Statistics show that about 35% of people over age 65 experience one or more falls per year.

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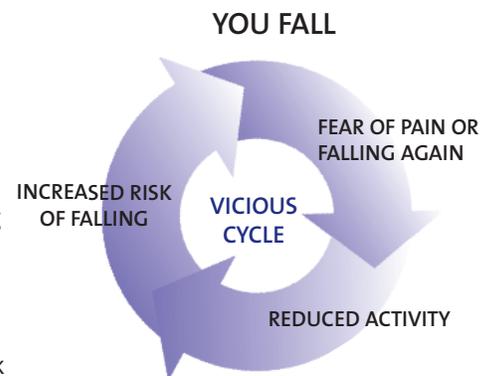
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FALLS REPRESENT THE LEADING CAUSE OF FATAL AND NON-FATAL INJURIES AMONG OLDER ADULTS AND ACTIVE YOUTH. Statistics show that between 30-40% of community dwelling adults aged 65 and older fall at least once per year. The root cause of falls, though are often preventable, can be related to anything from sports, lower extremity strength and flexibility limitations, to vertigo, dizziness, and vision limitations. Falls may result in injuries as little as bumps and bruises to something more serious such as fractures in the hand, wrist, arm, spine, or the head, and even mild TBI with concussion.

Those who have fallen often become afraid of falling again and therefore, move more cautiously and become less active or mobile. This can lead to a loss in strength, flexibility, reaction time, and balance. This ongoing cycle can perpetuate itself and cause a loss of personal independence.

The good news is that falls can be prevented and **The Center for Physical Rehabilitation and Sports Medicine** can help. At our state of the art facilities, our trained Physical Therapists use evidence based balance assessments and not only treat those recovering from falls, but also screen for those at risk and provide therapist to help prevent futures accidents.

Care is begun by assessing the various body systems that contribute to the maintaining balance. We assess the patients musculoskeletal, vestibular, oculomotor, and neuromuscular capabilities of these patients as indicated. Our therapists then provide patients with clinical therapeutic exercises and individualized home exercise programs. For scholastic athletes, this would include coordinating return to sports guidelines with your Licenced / Certified Athletic Trainer. Since support is a necessary part of recovery and management, our therapists also work to educate the family and friends on how they can be a part of the rehabilitations process.

The rehabilitation process can at times seem overwhelming. Before completion of the program, our therapists will ensure that all patient and family concerns have been discussed. They will also review steps that can be taken at home to ensure a safe location for patients to return. Depending upon their insurance, a home safety assessment can be scheduled through the Neighborhood Health in West Chester. As always, we communicate all of these parts of care with you, the referring physician.

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