Anatomy Physiotherapy Clinic

NEWSLETTER



See Inside

- How Will Physiotherapy Help Reduce My Fall Risk?
- Exercise Essentials
- Treatment Spotlight
- And More!

ARE YOU AT RISK OF SUSTAINING A FALL? Get Back on Your Feet with Physiotherapy

Did you know that 1/3 of the population over 65 falls each year? According to Canada's National Statistical Office, "falls are also one of the leading causes of injury-related hospitalizations among seniors, and contributed to 73,190 hospitalizations during 2008–2009."

With over one-third of seniors being placed in long-term care after a fall, it is certainly a common occurrence that can be dangerous. Suffering from a harsh fall can also result in needing a hip transplant. In 2008-2009, 35% of seniors required a hip transplant after a fall-related hospitalization. Many people misunderstand the risk of falling and will limit their physical activity to prevent falling. This can actually increase your chances of suffering from a fall-related injury because minimizing your physical activity will reduce your strength and balance. It is important to note that you should contact a physiotherapist if you have any of the following symptoms:

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

Source: https://www150.statcan.gc.ca/n1/pub/82-624-x/2014001/article/14010-eng.htm"

The vestibular system is a delicate collection of fluid-filled chambers and sensory nerves located in the inner ear. Your vestibular system helps manage your "proprioception," or sense of position, and when this is altered, it can be difficult to keep yourself steady. If you have been noticing issues with your balance, contact Anatomy Physiotherapy Clinic today so we can help you figure out the root of your problem and treat it accordingly. It is especially important to prioritize your balance and steadiness with the cold and icy months approaching.

Am I At Risk of Falling?

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

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

Your physiotherapist 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.

HOW WILL PHYSIOTHERAPY HELP REDUCE MY FALL RISK?

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 Anatomy Physiotherapy Clinic, 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 physiotherapist 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 physiotherapist 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 physiotherapist 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 physiotherapist 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 physiotherapist 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 physiotherapist 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 Anatomy Physiotherapy Clinic to schedule a consultation and get started today!



Treatment Spotlight - *Fall Prevention*

Decrease Your Risk of Falling with the Help of Physiotherapy and massage therapy!

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 you are at risk of falling, contact Anatomy Physiotherapy Clinic today so we can help you figure out the root of your problem and treat it accordingly. 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 our Ottawa physiotherapists and/or our kinesiologist immediately, in order to avoid additional injuries in the future.

CALL ANATOMY PHYSIOTHERAPY TODAY TO FIND OUT HOW FALL PREVENTION COULD HELP YOU! ST. LAURENT 613-680-4477 | **ORLEANS** 613-424-4488 | **STITTSVILLE** 613-836-5844

COVID-19 Precautions

Anatomy Physiotherapy is focused on keeping our equipment and facilities clean for you, **as well as wearing masks and face shields**. To help prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



WASHING YOUR HANDS REGULARLY



AVOID TOUCHING YOUR FACE



SNEEZE & COUGH INTO TISSUES



AVOID HUGS OR SHAKING OF HANDS



DO NOT TOUCH MUCOUS



KEEP YOUR DISTANCE FROM THOSE INFECTED

HEALTHY RECIPE

Sweet Potato Pecan Casserole



INGREDIENTS:

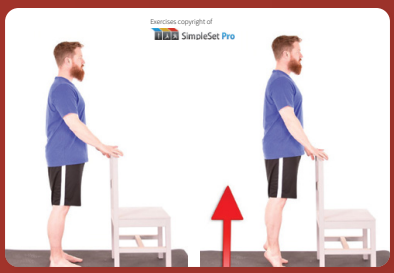
- 3 1/2 pounds sweet potatoes, peeled and cut into 1-inch chunks
- 1/3 cup honey
- 1 large egg
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- Kosher salt
- 1 tablespoon packed dark brown sugar
- 1/3 cup finely chopped pecans

DIRECTIONS: Preheat the oven to 350 degrees F. Mist an 8-inch square baking dish with cooking spray. Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover and steam until tender, 20 to 25 minutes. Transfer the potatoes to a bowl and let cool slightly. Add the honey, egg, 1/2 teaspoon cinnamon, the nutmeg, ginger and 1/2 teaspoon salt; whip with an electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish. Mix the brown sugar, pecans and the remaining 1/2 teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

Exercise Essentials

HEEL RAISE

Stand while holding a chair as shown. Slowly stand on your tip toes, lifting your heels as high as you can and hold the position. Then repeat to the starting position. Repeat 6-10 times throughout the day.



You deserve to feel better!

SCHEDULE YOUR APPOINTMENT TODAY!

Anatomy Physiotherapy Clinic

St. Laurent Blvd. — 613-680-4477

Orleans Blvd. — 613-424-4488

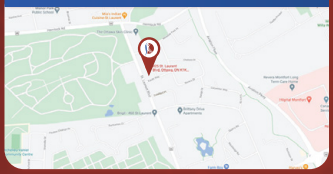
Stittsville — 613-836-5844

www.anatomyphysioclinic.com

Anatomy Physiotherapy Clinic

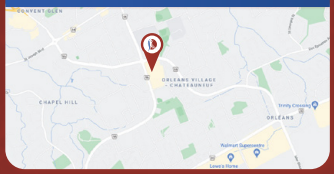
425 St. Laurent Blvd.
Ottawa, ON, K1K 2Z8

TEL: 613-680-4477
FAX: 613-680-5577



1615 Orleans Blvd. Suite 105
Ottawa, ON, K1C 7E2

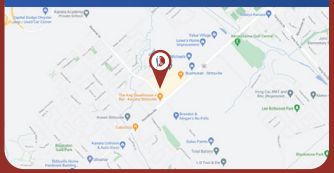
TEL: 613-424-4488
FAX: 613-424-4499



NEW LOCATION!

5703 Hazeldean Road, Unit 3
Stittsville, ON, K2S 0P6

TEL: 613-836-5844
FAX: 613-836-5801



Call us to schedule an appointment today!

www.anatomyphysioclinic.com