



Aspen Rehab
GO AHEAD. GET BETTER
CORAL SPRINGS, FL

HEALTH & WELLNESS NEWSLETTER



www.aspenrehab.com | (954) 341-7875

FALL PREVENTION AND STAYING ACTIVE



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INSIDE:

- How Can A Balance Expert Help Me Reduce My Fall Risk?
- Patient Success
- How To Make Sure Your Home Is Safe From Falls
- Healthy Recipe





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WHEN'S THE LAST TIME YOU HAD YOUR BALANCE ASSESSED?



Have you had a recent fall or worry you may be at risk of falling in the future? Do you notice you feel imbalanced or unsteady when you walk? Are you worried about your stiff joints affecting your balance or causing a fall? At Aspen Rehab, our team will assess your risks, address your concerns and help you regain confidence!

Having your balance assessed could help you avoid fall-related injuries. Give Aspen Rehab a call today to schedule an appointment, so we can help you feel steady on your feet! Our therapists are balance experts in the field and want to ensure our patients lower their fall risk as much as possible.

Staying safe and active this season

The occasional cooler temperatures and damp weather can lead to more stiffness in already achy joints and can result in nasty, painful falls. However, with preparation and planning, you can stay safe and steady on your feet.

This may sometimes feel difficult to accomplish due to injuries, lack of motivation, and inclement weather, but knowing the proper steps to take can help you keep doing the things you enjoy, no matter the conditions outside.

The most common injuries related to cooler and wetter weather happen from falls due to missteps, undetected differences in the terrain, obstacles, or abrupt direction changes. For others,

the risk is related to physical ailment or limitation. Our team at Aspen Rehab will identify the risk factors affecting your safety and provide you with proven techniques to eliminate your risks and improve your overall health and well-being!

Are you at risk of falling?

Some people have a higher risk of falling than others, and a combination of factors causes a greater chance of falling. The most common risk factors include:

- Advanced age
- Dizziness or vertigo ("spinning" sensations, even when remaining still)
- Vision problems
- Muscle weakness, arthritis, 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 and depression
- Acute and chronic illnesses
- Previous history of falls

Your physical therapist will assess your medical history to determine how many risk factors you may have and give you the steps you can take to decrease your risk.

(continued inside)

HOW CAN A BALANCE EXPERT HELP ME REDUCE MY FALL RISK?

(continued from outside)

The physical therapists at Aspen Rehab are balance experts who can help you improve your balance and fight back against the risk of falling. Your therapist will perform a thorough physical examination to identify the source of your pain and/or injuries if they are present. We will assess your mobility, strength, balance, and gait to determine your fall risk. This information will help us create a program including targeted manual techniques, mobility work, strengthening, and appropriate balance and gait techniques that can help keep you upright and on your feet this season!

What should I expect during therapy?

The first thing you should know about therapy for balance is that this kind of therapy is not a "one size fits all" approach. Your program will be specific to your needs and wants and fit into your lifestyle. Some of the interventions you can expect to experience at Aspen Rehab are:

Strengthening. These exercises will address muscle weakness which is often a primary contributing factor to poor balance and falls. With strength and balance training, patients are better equipped to recover from unexpected lapses in gait or a momentary loss of balance to prevent falls.

Gait training. We will include activities to improve gait mechanics and increase your confidence and safety in navigating different terrains and obstacles. Our physical therapists will also evaluate the need for an assistive device or adjust the device you are currently using.

Static and dynamic balance training. Your therapist will guide you through drills to improve your coordination and reactions to different situations that help your body learn how to better respond to environmental challenges to their balance.

Endurance training. Improving muscle endurance and aerobic capacity will reduce fatigue as a risk factor for falls when walking or completing daily tasks.

Request a balance assessment today!

Aspen Rehab wants our patients to feel safe and confident in their mobility and balance. This time of year can be a difficult time for those with compromised balancing abilities. We can determine if you are at risk for falls, show you how to prevent them, and address any pain or discomfort you may be having.

Source: <https://www.nidcd.nih.gov/health/balance-disorders>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206229/>
<https://pubmed.ncbi.nlm.nih.gov/31813696/>

<https://www.cdc.gov/falls/facts.html>
<https://bmjgeriatr.biomedcentral.com/articles/10.1186/s12877-019-1359-9>
<https://jnpa.biomedcentral.com/articles/10.1186/s12966-020-01041-3>



TRY THIS HEALTHY RECIPE

GARLIC WHOLE WHEAT PASTA

INGREDIENTS

- 8 oz whole wheat spaghetti
- ½ cup vegetable stock

- 5 cloves garlic (minced)
- ½ tsp red pepper flakes
- ¼ cup parsley or basil (coarsely chopped)
- Vegan Parmesan Cheese (optional)

DIRECTIONS

Prepare whole wheat pasta according to package directions. Add vegetable stock to a large sauté pan on medium-high heat. Add garlic and crushed red pepper flakes. Cook until garlic softens and becomes fragrant about 8 minutes. Stir frequently so that garlic doesn't burn. Add pasta and ¼ cup of reserved pasta water to the sauté pan. Toss together until combined. Add parsley and salt and pepper to taste. If pasta seems too dry add a little more pasta water. Sprinkle with red pepper flakes and optional vegan parmesan cheese.

<https://www.keepingthepeas.com/lazy-vegan-recipes/>

HOW TO MAKE SURE YOUR HOME IS SAFE FROM FALLS

There are a lot of changes you can make to your home that will help ensure your safety, the most critical include:

Make sure your house is tidy: Clean up books, papers, clothes, and shoes on the floor or stairs. Too often, a minor obstacle leads to a trip and fall.

Remove throw rugs or small area rugs: Make sure your carpets are fixed firmly to the floor so that they won't slip. Put no-slip strips on tile and wooden floors.

Make sure there is good lighting: Proper lighting and easy-to-find light switches at the top and bottom of stairs and on each end of a long hall can ensure your safety.

Have handrails on stairs and in bathrooms: More importantly, use them! Hold the handrails when you use the stairs, up or down, and when you get in and out of the tub/shower.

Sources: <https://www.nia.nih.gov/health/fall-proofing-your-home>
<https://www.ncoa.org/article/6-falls-prevention-steps-to-help-your-older-loved-ones>

PATIENT SUCCESS



"I am able to walk straight ahead!"

"I am able to walk straight ahead without staggering."

— I.S.

OCCUPATIONAL THERAPY

Occupational therapy helps those with hand conditions, upper extremity issues, those that require splints, and bathing, dressing, and feeding help for issues caused by injuries or accidents.

SPEECH THERAPY

Speech therapists handle issues dealing with delayed speech, vocabulary development, facial expressions, and more. They help to decrease issues patients have with eating and cognitive skills too. Speech therapists can also address problems with swallowing and communicating after an injury or stroke.

PHYSICAL THERAPY

Physical therapy helps relieve pain after injury, accident, or chronic joint issues. Patients with low back pain, neck pain, or who have had any surgeries can utilize PT to address pain and limitations or even to avoid surgery altogether.



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Get Your Life Back. Choose Aspen Rehab.