

Choose Mountain River Physical Therapy to relieve

BALANCE PROBLEMS

Maintain your quality of life

www.mountainriverpt.com

Physical Therapists are experts in the art and science of the evaluation and treatment of human movement and balance dysfunctions. We care for a variety of muscle, joint, and nervous system disorders that can affect your balance.

Don't ignore the Facts:

- One of every three persons age 65 and older falls each year.
- Falls are the leading cause of injury and accidental death in those over the age of 85.
- In 2005, 15,800 people 65 and older died from injuries related to unintentional falls.
- About 1.8 million people 65 and older were treated in ERs for injuries sustained from falls (CDC 2008)

Risk factors associated with falls:

- Older Age
- Vision problems
- Muscle weakness
- Medications (being on 4 or more)
- A history of falls
- Medical conditions such as diabetes, arthritis, stroke, walking problems, fear of falling.

Your Physical Therapist will assess:

1. Your fall risk
2. Your strength
3. Your balance
4. Your medical history

More than 90% of hip fractures among adults ages 65 and older are caused by falls.*



Your Balance Program:

After your initial evaluation your therapist will provide you with a custom treatment program. It may consist of:

- Strengthening exercises
- Flexibility exercises
- Walking exercises
- Transfer exercises
- Balance exercises
- Coordination exercises

It's a Team Effort

Your physical therapist may refer you to another health care professional such as an eye doctor, neurologist, or your general practitioner if we notice anything that is beyond the scope of our practice. Together, we can help you live a happier, more independent life.

Everyone is different. You may require one or two visits, or an extended care plan over several weeks or months.

Make an appointment today.

- Call to schedule a consultation.
- Visit our Web site for answers to frequently-asked questions.
- Ask your physician to complete our referral form.



"The Spine & Sports Specialists"

*Cited from Centers for Disease Control and Prevention, 2008 www.cdc.gov