

Stop Falling

6 Steps to Keeping Your Independence by
Not Falling



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ABOUT THE AUTHOR JEREMY SUTTON



For 9 years Jeremy has treated people with all sorts of injuries resulting from falling. He has treated these patients in his outpatient clinic, at their homes, and in hospitals. Jeremy treats people ages 35 to 64+ daily in his outpatient clinic in Vivian, Louisiana. He is dedicated to providing expert care.

Introduction

In this eBook on Keeping Your Independence by Not Falling, I share with you 6 easy steps that you can use to decrease the risk of falling.

All of these steps have one thing in common... they work! There is an old saying that says "A journey of a thousand miles begins with one step." Take 5 minutes to read this special report, and take that ONE step to decreasing the high risk of falling and LOSING YOUR INDEPENDENCE!!

I know that you could still fall when following all of these steps. However, if all 6 of these steps are followed, it should drastically decrease the risk of falling. Following these steps will help maintain a healthy and happy lifestyle.

Here's my challenge to you!

Check your home environment to see if you are following these 6 steps to keep your independence! Please, please don't take a risk of falling and breaking a bone. Nothing I've heard more in my 9 years of experience more than "I wish I could just do things on my own again!"

6 Steps to Keeping Your Independence by Not Falling

I have seen many, many people over the years in PT who have fallen. The injuries range from broken hips and fractured shoulders to concussions. Physically, it can be a real nightmare for someone when they fall! However, the emotional stress of falling really takes a toll on the person. They are very afraid of falling again. This is one of the biggest hurdles when rehabilitating someone after they fall. Below are some statistics from the National Council on Aging that shed some light on falls in individuals over 65.

- 25% of Americans 65 or older fall each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall
- Every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.8 million injuries treated in emergency departments annually
- In 2013, the total cost of fall injuries was \$34 billion.
- The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020.
- Between 16-30% of people in nursing homes fall because of poor lighting or slippery floors

NOW YOU KNOW WHY THIS GUIDE IS SO IMPORTANT! LET'S SEE HOW WE CAN KEEP YOUR INDEPENDENCE!!!

1. Never walk in or around your home without the lights on!

This definitely seems like an obvious point to start this eBook. However, you might be surprised how many people fall in their home because they got up in the middle of the night without turning on a light. There are several options for lighting at night. Leaving a bathroom light on at night could be one option. Night lights are probably a better option and a less expensive one as well. You can buy a stick-anywhere, motion detection light on Amazon.com for less than \$10. It detects motion within 3 feet and goes off after 15 seconds. These could be placed from the bed into the bathroom and anywhere you might need to go in the middle of the night. Follow the link below to find these lights.

<https://visit.st/Ly7ma>

2. Do not leave long cords lying on the floor!

We've all seen it; cords around the couch, through the doorway, and everywhere else they shouldn't be. You've got your favorite chair on one side of the room and the television plugged into the wall on the other side of the room. This can be a problem for a few reasons. Some houses are older and do not have enough plugs in the room to keep up with the electronics of our society. People have fewer plugs which leads to extension cords, and multiple electronic items plugged into the same outlet. Also, we know not to leave cords lying around, but we just haven't picked them up yet. Procrastination in this case can lead to a broken hip and a lengthy stay in your local Hospital Bed and Breakfast! PICK up and safely store those cords. Speed of walking slows down as we age, and our feet stay closer and closer to the ground with walking. The smallest cord can cause the biggest broken bone!!

<https://visit.st/Ukx4f>

3. Put everything back where it belongs!

This is not a personal strength of mine. Most days I look for my truck keys before work. Okay, every day!! However, it is extremely important to keep clutter to a minimum when we reach the age of increased fall risk (65). Head over to the nearest store and buy a room organizer, or just get things organized. There should not be trails between rooms! There should be plenty of space to walk from room to room to decrease the risk of falling. Don't let a little clutter turn into a mountain of trouble for someone who trips and breaks their arm.

Again, Amazon.com has several that might help.

<https://visit.st/HdwTy>

4. Wear good shoes with rubber soles!

Okay!!! Shoes are a tricky subject! I have my favorite pair of dilapidated slip-ons that I love wearing around the house. We really need to spend time to focus on the shoes that our we are wearing. A comfortable house shoe may not be the best choice for someone who doesn't have the best balance. I like a good tennis shoe with a rubber sole for good stability and traction. There are several affordable options for these shoes in all colors and brands. A cheap option is usually carried at WalMart.

<https://visit.st/8ec39>

5. Get some support!

Sometimes all of the above steps just aren't enough to keep someone from falling. They need more support. An assistive device can give someone the added support they need to decrease their risk of falling. Assistive devices are walkers, canes, wheelchairs, etc. When we walk with these assistive devices they increase our support by adding another contact between us and the floor. If you are walking with a cane that would be 3 contacts on the floor; both of your legs and the cane. 2 crutches would be 4 contacts, and a standard walker would be 6 contacts. Most of these can be purchased at a drug store or medical supply store. Some insurances cover them. They can also be found on Amazon.

<https://visit.st/UZ5el>

6. Get physical with physical therapy!

Physical therapists are trained professionals specializing in helping people restore and improve their health after injuring their body. PTs are also trained in adjusting and teaching people to walk with assistive devices. However, if someone can see a physical therapist before their strength or balance decreases to the point of falling; they could be prevented from having these serious injuries. Physical therapists design individualized and specific exercise programs to improve your strength and balance while educating on the risks of falling and the steps to decrease the risk. Physical therapists also treat vertigo very successfully, which could be causing a person to fall.

DON'T LOSE YOUR INDEPENDENCE BECAUSE OF A FALL. SET UP A FREE 20 MINUTE DISCOVERY VISIT TO SEE IF PHYSICAL THERAPY CAN KEEP YOU FROM FALLING OR SOLVE OTHER ISSUES YOU ARE HAVING!!

318-375-5500

LOUISIANA PASSED A LAW IN 2016 STATING THAT YOU DO NOT NEED TO SEE A DOCTOR BEFORE GOING TO A PHYSICAL THERAPIST. YOUR INSURANCE WILL PAY FOR YOUR PHYSICAL THERAPY WITHOUT A DOCTORS ORDER!! **MEDICARE INCLUDED**

Conclusion

There are 6 steps to help keeping your independence by not falling. This is definitely not an exhaustive list of steps you could take. However, if you follow these steps you can drastically decrease the risk of falling. I would love to send you more helpful tips and advice to improve your life, continue to live the life you want, or get back to doing the things you enjoy again. I hope this is the beginning of a long and beneficial relationship where myself and my colleagues from Servant PT (*formerly Vivian Physical Therapy, Inc.*) become the source of quality health advice that will be a real benefit to your life.

Dedicated to Keeping You Moving Longer and Better!

Jeremy Sutton

Jeremy Sutton, PT, DPT, Cert DN.

Doctor of Physical Therapy

Vivian, Louisiana

If you would like more information you can visit us online at www.servantpt.com.

You can find us on Facebook at www.facebook.com/servantpt.

You can call 318-375-5500.



Health Advice Disclaimer

We make every effort to make sure we accurately represent injury advice and prognosis given in this Special Report. However, everything in this Special Report is based on typical representations of those injuries and their prognosis that we commonly see in physical therapy. This information is not intended to represent every individual and potential injury. Every person and injury can be completely different and varied in so many ways. Recovery from injuries can also be completely varied depending on the person, medical history, posture, activity level, posture, motivation, and many other factors. We CANNOT give 100% complete accurate diagnosis and prognosis without a thorough physical therapy evaluation. The advice given here for management of low back pain cannot be deemed fully accurate without an evaluation from our physical therapist at Vivian Physical Therapy, Inc.