

Did You Know?

More than one third of adults 65 and older fall each year.



Fall Prevention Program

Swanson McArthur Physical Therapy announces the start of its **SMPT Fall Prevention Program**. The program has been developed to address the issues related to falling and the devastating consequences a fall can have on one's life and the lives of those who care for them.

The program consists of multiple parts. Our physical therapists first start with a thorough history followed by a self assessment completed by the patient. The

assessment helps us determine the patient's level of confidence in performing a variety of activities without losing balance or becoming unsteady. The physical therapist then performs a complete evaluation which utilizes specific, research-based tests and measures to identify functional limitations, restrictions with daily activities, weaknesses, and limitations in flexibility. The evaluation findings are then taken and used to

develop an individualized plan of care. The plan of care includes evidence-based clinical interventions (a combination of exercises, hands-on techniques, aquatic therapy, etc), patient and family education, and a detailed home program. This detailed plan enables us to achieve the functional discharge goals established specifically for each patient.

Falls Can Be Devastating

Consider the following statistics:

- Seniors are hospitalized for fall-related injuries five times more often than for other injuries.

- 40% of nursing home admissions are attributable to falls

- 25% of seniors who suffer hip fractures die within one year

- 70% of accidental deaths in people over the age of 75 result from falls

- Only 1 in 3 seniors who experience a major fall return to the lifestyle they enjoyed prior to the fall



Seniors who experience a fall often find the recovery process difficult - especially if a fracture occurs. When one experiences multiple falls, the challenges associated with recovering increase significantly.

A number of factors can contribute to falls. Studies have shown that weakness, inflexibility, poor endurance, anxiety, fear, and previous injury can all potentially contribute to an individual's vulnerability to falling.

In addition to providing our patients with fall prevention and rehabilitation programs prescribed by a physician,

we also provide a free **Fall Risk Assessment**. This screen provides our physical therapists with the information necessary to determine one's risk for falling. Should the physical therapist determine a high risk exists, the results will be shared with both the patient and the physician and a determination made to pursue care.

If you would like more information, call 916 965-8900.
