

According to the CDC, more than one third of adults 65 and older fall each year in the United States and 20% to 30% of people who fall suffer moderate to severe injuries. The physical therapists at PT Etc can help reduce your risk of falls.

Falls can be caused by a number of factors including:

Muscle weakness	Arthritis	History of Falls
Impaired ADLs	Gait Deficits	Depression
Balance deficit	Cognitive impairment	Cardiovascular deficits
Use of assistive device	Age > 80 years	Neurologic deficits
Visual deficit(s)	Medications	

Test Your Balance

Balance may be improved with exercises that strengthen the ankle, knee, and hip muscles and with exercises that improve the function of the vestibular (balance) system. A simple assessment of your current balance can be done at home.

Do not attempt to do this test alone—make sure that you have someone next to you to decrease the potential risk of falling.
Perform this test standing with a counter surface in front of you:

1. Stand tall, wearing flat, closed shoes, with your arms folded across your chest. Keep your eyes open, focus on an object in front of you, raise one leg, bending the knee about 45 degrees, and start a stopwatch.
2. Remain on one leg, stopping the watch immediately if you uncross your arms, tilt sideways more than 45 degrees, move the leg you are standing on, or touch the raised leg to the floor.
3. Repeat this test with the other leg.
4. Compare your performance to normal results for various ages:
 - 20 to 59 years old (28 to 29 seconds)
 - 60 to 69 years (27 seconds)
 - 70 to 79 years (15 seconds)
 - 80 and older (6 seconds)

Come see us, we can help:

Once a physical therapist has reviewed your medical history and completed a thorough examination, he or she will design an individualized program of exercises and functional activities for you. This program may focus on strength, flexibility, balance, coordination, and walking. If necessary, the physical therapist will refer you to other medical professionals, such as an ophthalmologist or neurologist. **Call 717-263-5147 to schedule your evaluation.**