



AFRAID OF FALLING?

*Physical
Therapy
Is Here To
Catch You*

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AFRAID OF FALLING? WE ARE HERE TO CATCH YOU

Marion, 74, was terrified of falling. She'd heard the statistics: Falls are a leading cause of injury among people over 60 and the second leading cause of injury deaths worldwide. And although she'd always been active, she found her balance changing as she grew older, which only deepened her fears.

Like many people, Marion didn't realize that the fear of falling can also be debilitating. That fear kept her close to home. She didn't spend as much time with friends and family, and her lifestyle was much less active than it had been ten years earlier—which actually increased her fall risk!

But then Marion began seeing a physical therapist to help with her hip pain. When she shared her concerns about falling, he incorporated fall prevention strategies into her treatment plan, building Marion's confidence enough that she returned to some of her favorite activities, like gardening and meeting with friends for a weekly coffee.

At iMove PT, we know falls can be frightening. But we also know that fall prevention training can help you face your fears and give you the confidence to live an active and healthy lifestyle, no matter your age.

Ready to get started with your own fall prevention plan? Schedule an appointment with us today!

Understanding Your Fall Risk

Everyone's fall risk is different. No single factor determines your likelihood of a fall; instead, it's a complex blend of age, lifestyle choices, and health conditions. The more of these factors apply to you, the more likely you are to fall.

Check which items on this fall risk list apply to you or a loved one:

- Advanced age (60 years or older)
- Being female (women are more likely to suffer falls than men)
- Joint pain, including from arthritis
- Spells of dizziness or vertigo (a spinning sensation)
- Decline in vision or hearing
- Sedentary lifestyle
- Impaired balance or gait
- Weakness in the lower body
- Use of medications that can cause dizziness or balance issues
- Neurological disorders such as Parkinson's disease or Alzheimer's
- Stroke survivor
- A history of falls

If you think you might be at a high risk of falling, don't get scared—give us a call! Our team of physical therapists can assess your fall risk and provide you with a customized fall prevention plan that can lower the likelihood of a fall-related injury.

Learn more at imovephysicaltherapy.com

**CALL TODAY TO GET
STARTED!**

ST. LOUIS, MO (CLINIC):
636.590.6827

ST. LOUIS, MO (MOBILE):
636.728.9046

MID COUNTY ST. LOUIS:
314.377.7986

METRO EAST, IL:
618.738.0397

KANSAS CITY, MO:
816.207.3637

TULSA, OK:
573.206.8614

JOPLIN, MO:
417.695.5367

HOW WE CAN KEEP YOU ON YOUR FEET

A good fall prevention plan will address your specific fall risks. For example, someone who suffers from regular vertigo attacks would benefit from specialized therapy to address that issue. Meanwhile, someone with Parkinson's disease doesn't necessarily need to worry about dizziness but does need to address an impaired posture, balance, and gait.

Our therapists will work with you to decide which specific treatment options will be the right choice for your personal fall prevention plan. That said, there are some commonalities. Here are a few of the techniques we typically include:

- **Pain Management:** Joint pain can inhibit mobility, resulting in a sedentary lifestyle and increased fall risk. If you suffer from pain, we'll work with you to manage it safely and effectively.
- **Balance Training:** Balance training is the foundation of fall prevention. We'll design you through specialized exercises that challenge your balance in a safe, monitored environment—ensuring you see improvements over time.
- **Strength Training:** One of the reasons older people have an increased fall risk is that you lose muscle mass as you age, making it more challenging to move around. We'll prepare a strength training program appropriate to your ability level and help you restore some of that lost muscle mass.
- **Gait Training:** This technique focuses on improving your walking patterns. Certain conditions (such as Parkinson's disease or stroke) can severely change your gait, and addressing those impairments can reduce your chances of falling.
- **Regular Exercise Program:** Staying active plays a significant role in keeping you from a fall. We'll suggest an exercise program that suits your needs and abilities, such as a simple walking regimen.



No More Fear of Falling: Call Us Today!

A dedicated fall prevention plan from iMove PT can give you the confidence to age healthfully, no matter your fall risk. Call us today to schedule an appointment for your initial consultation!

Sources: <https://www.nia.nih.gov/health/falls-and-fractures-older-adults-causes-and-prevention> • <https://www.choosept.com/guide/physical-therapy-guide-falls> • <https://www.whoiint.com/fact-sheets/detail/falls> • <https://bmjopen.bmj.com/content/10/11/e2017-019-1359-9>

iMove PT Kansas City now offers Therapeutic Dry Needling & LSVT-BIG!



iMove PT Kansas City is excited to introduce two newly offered certified therapies to our offered services ensuring optimal mobility, pain relief, and overall well-being for our clients. We are now providing Therapeutic Dry Needling for pain relief and LSVT-BIG to improve the lives and function of persons with Parkinson's Disease.

Therapeutic Dry Needling is a technique that involves the insertion of thin needles into trigger points within muscles to alleviate pain and improve musculoskeletal function. The primary benefit of therapeutic dry needling lies in its ability to target and release tight knots or trigger points, reducing muscle tension and promoting better blood circulation. This can lead to immediate pain relief, enhanced range of motion, and improved overall muscle function. Therapeutic dry needling serves as a valuable adjunct to traditional physical therapy interventions, contributing to the comprehensive management of musculoskeletal conditions and promoting the restoration of optimal physical health.

LSVT-BIG is a specialized physical therapy program designed to address motor and movement issues in individuals with Parkinson's disease and other neurological conditions. The program incorporates repetitive and high-effort exercises, promoting enhanced mobility, balance, and overall motor skills. LSVT-BIG aims to optimize daily activities and quality of life for individuals facing challenges related to motor control. This evidence-based therapy has been shown to be effective in improving motor symptoms, contributing to increased confidence and autonomy in daily life.

Call iMove PT Kansas City at 816.207.3637 TODAY to learn how these new services can improve quality of life for you!





“Don’t hesitate to call them!”

“Initially I was a bit nervous about PT, but Dr. Sammi immediately made me feel at ease, comfortable, and relaxed. I can’t tell you how nice it is not to have to get ready to “go” to PT. Dr. Sammi coming to my home, a flexible appointment schedule, and outstanding care are highly appreciated. A plus, of course is making a new friend, and a personal connection with a caregiver that you don’t get at a large PT facility. She was very thorough, listened to my concerns, showed me how to do the exercises properly, (osteoarthritis in knee), I never felt like I was rushed or stressed. The best part is, after the completion of therapy with Dr. Sammi, I find that I am forgetting that I had such knee pain! I highly recommend iMove PT... and I am thankful that family members recommended them to me. Don’t hesitate to call them!” — D.S.

OUR MOBILE PHYSICAL THERAPY SERVICES

At iMove PT, we offer a comprehensive range of mobile physical therapy services designed to cater to your unique needs. Our expertise spans orthopedic rehabilitation, sports medicine, neurological rehabilitation, geriatric physical therapy, and pre and post-surgical rehabilitation.

By providing targeted, specialized care, we ensure that our clients receive the most effective treatment and support throughout their recovery journey. Our mobile services bring this personalized approach directly to your doorstep, making your physical therapy experience more convenient and accessible than ever before.

We understand that every client’s journey to recovery is unique, which is why we prioritize personalized treatment plans, skilled and licensed therapists, flexible scheduling, and ongoing support. At iMove PT, our commitment to your well-being extends beyond treating injuries and conditions.



3 Exercises To Do Indoors

Now that the weather is chilly, is it feeling harder and harder to get outside and exercise? Do you find yourself staying in bed longer, cozying up under the blankets instead of working out? This is a common struggle, but don’t let winter prevent you from getting active! There are many exercises you can do in the comfort of your own home to maintain your fitness levels. In fact, here’s a list of 3 exercises that can be done indoors so that you can stay fit this winter!

- 1. Yoga:** Most yoga sessions include breathing exercises, meditation, and poses that stretch and flex various muscle groups. Not only does yoga improve your flexibility and muscle tone, it has also been shown to help with your mental health!
- 2. Push-ups:** Traditional pushups can help you develop upper-body strength. This exercise targets the triceps, pectorals, and shoulders. They can also strengthen the lower back and core by engaging the abdominal muscles. The best part about this exercise is that it doesn’t require any equipment!
- 3. Planks:** Performing both side and front-facing planks has many benefits, including strengthening our cores. Practicing planks on a regular basis has been shown to improve posture, flexibility, balance, and coordination.

GET STARTED TODAY

We are here to help you.

Call the location closest to you to get on our schedule or learn more about our at home services today.

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