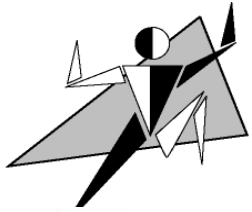


October - December 2011



# B.E.S.T. PHYSICAL THERAPY NEWS



*B.E.S.T. Physical Therapy wishes everyone safe and happy holidays!*



**B.E.S.T. Physical Therapy** is proud to present the following **FREE** lectures:

[Dr. Shannon Rush, D.P.M.](#), podiatrist, of Palo Alto Medical Foundation will be lecturing on *“Foot & Ankle Arthritis”* on **Wednesday, October 26<sup>th</sup>** at **6:30pm** in Cupertino.

[Dr. Steven Tager, D.P.M.](#), podiatrist, along with Rebecca Siedner, D.P.T., will lecture on *“The Best Way to Prevent Falls this Fall”* on **Wednesday, November 16<sup>th</sup>** at **7pm** in Cupertino. Dr. Tager is board certified with more than 40 years of experience in lower extremity biomechanics, foot surgery and sports medicine.

Call **408-257-2225** or e-mail us at [bestpt@besthphysicaltherapy.com](mailto:bestpt@besthphysicaltherapy.com) to reserve your spot!



## Risk Factors for Falling:

- Prior history of falling
- Poor balance
- Muscle weakness
- Difficulty with walking
- Vision or hearing impairments
- Arthritis
- Depression
- Cognitive impairment
- Postural hypotension
- 80 years of age or older

Falling is one of the major causes of dysfunction and disability, leading to physical decline, thus effecting one's ability to live independently. Studies show that falls increase the risk of mortality and are responsible for unexpected or early admission to a nursing home in people over the age of 65. Although falls are usually the result of multiple factors, three key components to maintaining balance are good vision, proper function of the inner ear, and proprioception (your body's ability to know where your joints are in space). In physical therapy we work on physical fitness, strength, proprioception and balance to prevent falls. Aging has a profound effect on the “decline” of sensory systems such as vision, hearing, and reflexes, causing the ability to react to loss of balance to be much slower.

According to the U.S. Department of Health & Human Services' [Agency for Health-care Research and Quality](#):

- ◆ One-third of Americans age 65 and older incur a fall annually, accounting for approximately 2 million emergency room visits or about 10% of all ER visits by the elderly.
- ◆ 41% of elderly falls resulted in a fracture, mainly to the arm or hip. 50% of those individuals were hospitalized, and roughly half of those who had sustained a fracture or injury to an internal organ were transferred to a nursing home or long-term care facility.

If you've had a fall or experienced a “close call,” notify your doctor or health care provider immediately. Tell your doctor about any new symptoms that you might be experiencing such as dizziness, problems with vision, or weakness. Review all medications you are taking with your doctor, and don't forget to review safety precautions for your home with your healthcare provider.



Be aware that certain medications may have side-effects that cause dizziness, drowsiness, and/or slowing of reflexes, impairing balance, increasing risk of falling. Check with your doctor if you are unsure of the potential side effects of any medications you are taking, including over-the-counter medications, vitamins and/or supplements.

We are proud to introduce our new physical therapist, Shani Pascal, M.P.T. to our team! Welcome Shani!

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