

A photograph of a woman and a young girl smiling and laughing. They are surrounded by warm, glowing string lights. The woman is on the left, wearing a red and white patterned sweater. The girl is on the right, wearing a yellow cardigan and a blue headband with white polka dots. The background is slightly blurred, showing a bookshelf.

Stay Up And Active During Winter Weather

INSIDE:

**STAYING SAFE
AND ACTIVE IN
WINTER**

**STAFF
SPOTLIGHT**

**SEASONAL
RECIPE**

NEWSLETTER

DECEMBER 2022



Kinect

PHYSIOTHERAPY



Stay Up And Active During Winter Weather

Brrr, it's cold out there! With winter and icy weather comes safety risks, such as getting injured from a strain while shoveling (or slipping on ice as you walk in a parking lot!)

Having your balance assessed this season could help you to avoid fall-related injuries. Give Kinect Physiotherapy a call today to schedule an appointment, so we can help you feel steady on your feet!

Our therapists are the balance experts in the field and want to make sure our patients lower their fall risk as much as possible.

STAYING SAFE AND ACTIVE IN WINTER

Between the limited daylight hours, chilly temperatures, and occasionally icy conditions outside, staying safe and healthy can be challenging. Anything you can do to keep active during the winter months is a step in the right direction!

Ice and snow are the biggest threats that winter poses, especially to older patients!

Slipping on ice can result in nasty, painful falls. However, with preparation and planning, you can stay safe and active in the winter months. This may sometimes feel difficult to accomplish due to injuries and inclement weather, but knowing the proper steps to take can help you keep doing the things you enjoy no matter the conditions outside.

The most common injuries related to cold weather happen from falls on icy sidewalks, steps, driveways, and porches. Ideally, you will stay off the ice when possible. Walking on ice is extremely dangerous, regardless of how good your balance is. Do your best to keep your steps and walkways free of ice with sand, salt, or cat litter.

If you plan to run or walk on snowy, icy surfaces, attaching snow or ice spikes to your boots or running shoes will help you maintain traction to reduce the risk of falls. Be careful with wearing spikes on the pavement as they are designed to penetrate the ground and affect your balance.

Continued inside.

INSIDE:

- Staying Safe and Active in Winter
- Owner Spotlight
- Seasonal Recipe

SEASONAL RECIPE

Christmas Toffee



INGREDIENTS

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- Peppermint candy

DIRECTIONS

Preheat your oven to 425° and line 8 × 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy and cool for several hours before serving.

KINECTPTNC.COM

Continued from outside.

HOW CAN A BALANCE EXPERT HELP ME REDUCE MY FALL RISK?

The physical therapists at Kinect Physiotherapy are balance experts who can help you improve your balance and fight back against the risk of falling this winter.

Your therapist will perform a thorough physical examination to identify the source of your pain and/or injuries if they are present. Your mobility, strength, balance, and gait will be assessed as well to determine your fall risk. This information will help us create a program including targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques that can help keep you upright and on your feet this season!

WHAT SHOULD I EXPECT DURING THERAPY?

The first thing you should know about therapy for balance is that this kind of therapy is not a "one size fits all" approach. Your program will be specific to your needs and wants and fit into your lifestyle.

Some of the interventions you can expect to experience at Kinect Physiotherapy are:

Strengthening exercises: These exercises will address muscle weakness which is often a primary contributing factor to poor balance and falls during winter weather. With strength and balance training, patients are better equipped to recover from unexpected lapses in gait or a momentary loss of balance to prevent falls.

Gait training: Gait training will include activities to improve gait mechanics and increase your confidence and safety in navigating across different terrains (icy sidewalks, porches, parking lots) and around various obstacles, such as snow. Our physical therapists will also evaluate the need for an assistive device or perhaps adjust the device you are currently using.

Static and dynamic balance training: This kind of training will be incorporated into your physical therapy treatment to help your body learn how to better respond to environmental challenges to their balance. For example, you may be asked to stand on one leg while performing a mentally-challenging task, such as reciting the alphabet or reading a paragraph of text out loud. Our physical therapists will also teach you balance strategies to help mitigate fall risk.

Endurance training may improve muscle endurance and improve aerobic capacity for activity. Both will reduce fatigue as a risk factor for falls when walking or completing daily tasks.

CONTACT US TODAY FOR A BALANCE ASSESSMENT

Kinect Physiotherapy wants our patients to feel safe and confident in their mobility and balance. Winter can be a difficult time for those with compromised balancing abilities; however, with the help of a physical therapist at our clinic, it doesn't have to be!

Call us today to have your balance assessed this snowy season. We can determine if you are at risk for falls, show you how to prevent them, and address any pain or discomfort you may be having. The wellbeing of our patients is important to us, no matter what season we're in!

VISIT KINECTPTNC.COM FOR MORE INFO

SERVICE SPOTLIGHT

FALL PREVENTION

Have you ever felt unsteady while walking, as if you might trip? Have you ever tripped and had to grab a nearby railing or piece of furniture to catch yourself? Are you worried about getting hurt if you fall? If this is the case, you may benefit from a fall prevention program at Kinect Physiotherapy in Wake Forest and Knightdale, NC.

Unfortunately, most people do not consider how to keep their balance until it is too late and they have already fallen. The good news is that most falls can be avoided by exercising your balance system on a regular basis.

If you are concerned about falling, please contact Kinect Physiotherapy as soon as possible to learn more about fall prevention techniques.

Your initial physical exam at Kinect Physiotherapy may include vision tests, resting, and active heart rate checks, gait, balance, range of motion, and strength tests. Based on the results of these exams, our physical therapist will create a personalized treatment plan for you.

The following are some examples of common therapeutic methods that you may come across in your treatment plans:

- Strengthening Exercises
- Balance Exercises
- Pain Management
- Endurance Training
- Programs For Walking

 **Kinect**
PHYSIOTHERAPY



STAFF SPOTLIGHT



Chris Walters, PT

Chris received his PT degree from West Virginia University and has been practicing physical therapy since 1987. He has a background in Integrated Manual Therapy, Spinal Manipulation, Muscle Energy Techniques, and Trigger Point Dry Needling. He has a special interest in shoulder injuries and post-operative shoulder rehab, having experienced rotator cuff repair surgery personally.

He has had the opportunity to work with professional athletes, high school athletes, and weekend warriors. He is also on the Sports Medicine Teams of several of the local high schools.

Refer A Friend!

Who do you know that needs our help? We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives. Consider sending them to our website or invite them to come with you to therapy so they can witness the magic happen!

Our purpose at Kinect Physiotherapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



PATIENT SUCCESS

"I am able to play with my grandkids again pain free!"

I am able to play with my grandkids again pain free!

WFPT has an awesome staff that will get you back on your feet, throwing a ball or just being able to play with your dog (and grandkids)

Carl B.

COME BACK TO PHYSIO

WHY YOU NEED TO COME BACK IN FOR A TUNE UP:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active healthy lifestyle



Are you in pain? Have you sustained an injury? Give us a call today to schedule an appointment!

WAKE FOREST, NC
(919) 568-5035

KNIGHTDALE, NC
(919) 759-6532

