

NEWSLETTER

SEPTEMBER 2023



SCHEDULE
YOUR
APPOINTMENT

PT CAN REDUCE YOUR RISK OF A FALL RELATED INJURY

INSIDE:

ARE YOU AT RISK
OF FALLING?

5
HIKING TIPS

PATIENT
SUCCESS



PT CAN REDUCE YOUR RISK OF A FALL RELATED INJURY

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time? Have you suffered from a fall in the past? Are you worried that you may be at risk of falling? At Kinect Physiotherapy, our team will address your concerns and help you regain your confidence!

In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about working on their balance until it is too late. The good news is that you can easily prevent most falls with guidance from a physical therapist.

Falls are a significant concern for seniors, and even without an injury, a fall can cause a loss of confidence and reduce a person's ability to carry on with daily activities. If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately to avoid additional injuries in the future.

Our team will give you the tools to recover from a recent fall or avoid additional injuries in the future. Call Kinect Physiotherapy today for an appointment, and let us help you get stronger and more confident so you can do the things you enjoy!

ARE YOU AT RISK OF FALLING?

Some people have a higher risk of falling than others, and a combination of factors causes most falls. The more risk factors a person has, the greater their chances of falling. The most common risk factors include:

- Advanced age
- Dizziness or vertigo ("spinning" sensations, even when remaining still)
- Vision problems
- Impaired balance and gait control (whether age-related or due to illness)
- Muscle weakness and reduced physical fitness due to a sedentary lifestyle
- Neurological disorders (i.e., Parkinson's disease and Alzheimer's)
- Cardiovascular disease (i.e., heart attack, stroke, PAD)
- Cognitive impairments
- Depression

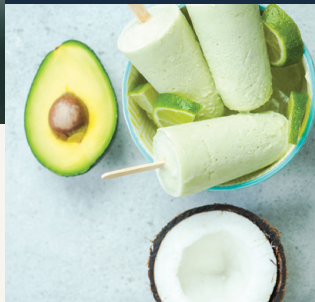
Continued inside.

INSIDE:

- Are You At Risk Of Falling?
- 5 Fall Hiking Tips
- Patient Success

SEASONAL RECIPE

Avocado Coconut Pops



INGREDIENTS

- 2 tbsp sugar
- 1 cup canned unsweetened coconut milk
- 2 ripe avocados, pitted and peeled
- 2 tsp vanilla extract

DIRECTIONS

In a blender, pulse the sugar and coconut milk until sugar is dissolved. Add the avocados, vanilla, 3 tbsp water, and a pinch of salt. Purée until smooth. Divide mixture among 6 ice pop molds and insert sticks. Freeze until solid. Enjoy!

Continued from outside.

- Acute and chronic illnesses
- Previous history of falls

Your physical therapist will assess your medical history to determine how many risk factors you may have towards falling. They will educate you on what these factors mean, as well as steps you can take to decrease your risk.

PHYSICAL THERAPY CAN KEEP YOU ON YOUR FEET

Our physical therapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation and a mobility, strength, and balance assessment to identify all the factors contributing to the injury. This will consist of a thorough history to understand more about the demands on the body, how many risk factors you may have, and your overall health status.

In addition, we will include a review of your fall history and fear of falling, as well as identify any home hazards/environmental factors that may contribute to your fall risk. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques for the individual.

WHAT TO EXPECT IN PHYSICAL THERAPY

The good news is that you can prevent most falls. The key is to get guidance from your therapist, who will teach you the correct exercises to improve your balance.

Our recommendations aim to reduce your risk of falling, but they will also aid you in improving coordination, strength, flexibility, and overall movement.

Some common aspects of treatment include:

- **Pain management.** Your physical therapist will work with you on relieving pain first before continuing any other forms of physical activity.
- **Balance training.** Balance is a large part of fall prevention, as lack of stability is one of the main reasons falls occur. Your physical therapist will design a balance training plan for you as part of your treatment.
- **Strength training.** Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement.

Your physical therapist will then incorporate task-specific treatments with a safe and effective progression to assist you in a safe return to daily activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

CALL OUR CLINIC FOR HELP TODAY

Exercise is one of the most effective treatment methods for patients with an increased risk of falling. Our team will help guide you through the steps you need to regain your confidence and reclaim your life.

Contact Kinect Physiotherapy to schedule a consultation and get started today!



VISIT KINETPTNC.COM FOR MORE INFO

5 FALL HIKING TIPS

1. Make a Plan and Stick to It.

Don't jump into a hike without having a plan. Map out your trip ahead of time. Tell others where you're going and don't deviate from your route. Sign in at all registration points.

2. Don't Push Yourself Past Your Limits.

Challenging yourself is great, but when it comes to hiking, slow and steady wins the race. The outdoors (especially when alone) is not the place to test your athleticism. Train ahead of time if you are attempting a challenging trail and make sure to hydrate before, during and after your trip. Exercises like yoga will help you with coordination, balance and strength, while cardio training will improve your endurance.

3. Use Your Whole Body.

Many times we give our feet all the credit for carrying us up a steep mountain or through a challenging trail, but we have our whole body to thank! Don't be afraid to use your hands, arms, and even backside to scoot around the mountain! Balance is important and your legs can become tired, especially after a particularly challenging hike.

4. Don't dress to impress.

Hiking is not the time to be a fashionista. Good shoes/boots are a must. Dress for the weather, and in layers in case it changes.

5. Take a break and take pictures!

Your body (especially your feet) will thank you for taking a second to breathe halfway through your hike. You will not be able to truly enjoy yourself if you are exhausted and in pain! Take pit stops and keep your camera handy to capture the beauty around you while you rest.



STAFF SPOTLIGHT



Karol "Kimbo" Buchanan

Kimbo is a North Carolina native. She was born in Raleigh and moved to Wake Forest in 2014. She started working for Kinect in 2021 but was a patient first after 2 knee replacements. She enjoys time with her family and loves spending her spare time at the beach.



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'm pretty much done, but I love those people...really great practice!"

Reverse shoulder replacement on January 3rd...two days later I was doing PT at Kinect Physiotherapy with Chris and Leslie!!! Amazing! I'm pretty much done, but I love those people...really great practice!

-Barbara W.

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!

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