

Orthogo Physical and Aquatic Therapy Newsletter

Coming Soon

Physical therapists help better than 95% of acute back pain patients get better. Sciatica, what is it?

BALANCE IS BETTER THAN FALLING

Balance is something that we often take for granted. If you have ever had a fall, you know that it can happen without warning and with serious consequences. Here are some statistics from the American Physical Therapy Association:

- » One in four people that live at home, and are over the age of 65, will fall within the next year.
- » Sixty percent of all falls occur in the home.
- » In the senior population, falls are the leading cause of injury deaths. Falls are also the most common cause of nonfatal injuries and hospital admissions for trauma.

Balance is something that often declines with age. We become more sedentary and no longer challenge our body with physical activities. The good news is that balance can be regained and if you follow a few simple tips, you can reduce your chance or the chance of a loved one from falling.

Here are some basic tips to decrease your risk of falling:

- » Get rid of loose rugs.
- » Identify slippery conditions/uneven surfaces and eliminate them.
- » Get rid of any unsecured telephone or lighting cords.
- » Make sure lighting is good and furniture is properly placed.

STRETCHING THE LEG AND FOOT

This month we have two exercises to help you stretch your calf and the arch/toes of the foot. Good calf flexibility can help your ankle and foot work more efficiently, reduce impact, and decrease fatigue. A flexible arch and toes can reduce foot and heel pain. As always, see your doctor before you start this or any other exercise program.

Click here to see the calf and toe stretches
<http://www.ptclinic.com/downloads/1-10.pdf>

Click On or Type the URL above into your browser address bar

PHYSICAL THERAPISTS ARE YOUR BALANCE EXPERTS!

If you have any questions about falling or balance issues, make sure you ask your physical therapist. It is their job to help people regain their balance and to help evaluate the home and identify potential risks.

Our Services

- One-on-One Care
- Orthopaedic Therapy
- Back/ Neck Injuries
- Total Joint Rehab
- Arthritic Conditions
- Shoulder Conditions
- Hand Rehab
- Aquatic Therapy Pool
- Sports Rehab
- Sport Specific Ex
- Golf Program
- Industrial Rehab
- Work Conditioning
- FCEs
- Job Analysis
- Pre work Screening

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