

### Orthogo Physical and Aquatic Therapy Newsletter

## INTERNAL FACTORS THAT CONTRIBUTE TO FALLS

As your parent(s) approaches the "golden years", the following typically occurs:

### Coming Soon

*Help your parents -  
fall prevention  
part II*

- » Reaction time declines
- » Strength decreases
- » Flexibility is lost
- » Vision deteriorates
- » Posture can change
- » Disease can impair balance
- » Medications may cause dizziness, fainting, etc.
- » Psychological factors can increase fall risk.

It is important to talk with your doctor about these risk factors and see if he/she will provide your parent with a referral to physical therapy.

Physical therapists perform a thorough examination of your parent's neuromusculoskeletal system. Various tests include a sensory evaluation, walking tests, fear of falling tests, strength and flexibility tests, and a posture assessment to assess your parent's current status. Armed with this information, the physical therapist will create a custom program to help you and your parent achieve the desired goals.

You and your parent may receive educational information, exercises, advice, and community resources to help decrease the risk of falling.

Make sure you give us a call to find out more. It could be the best thing you ever do for your parents. Pass this along as well. Together, we can all decrease fall risk.

### 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

### Clinics

**Orthogo Physical &  
Aquatic Therapy**  
4151 W. Orleans Street  
McHenry, IL 60050  
815 344 9727



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