



**LIBERTY REHABILITATION
SPECIALISTS, INC.**



Newsletter

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"More than one third of adults 65 and older fall each year."

Liberty Rehabilitation Specialists, Inc. has therapists on staff to assist you with an exercise program to prevent falls.

Falling Stars!!!

Liberty Rehabilitation Specialists therapists' treat a high percentage of patients with history of falls. Every year thousands of older Americans fall at home. Falls are the leading cause of injury and death over the age of 65. According to the CDC (Center for Disease Control and Prevention) in 2002 more than 12,800 people over the age 65 died and 1.6 million were treated in the emergency departments because of falls. We want our **star** patients to be informed about how manage this problem.

Who is at risk?

According to CDC here are a few facts:

- Men are more likely to die from a fall. After adjusting for age, the fall fatality rate in 2004 was 49% higher for men than for women (CDC 2005).
- Women are 67% more likely than men to have a nonfatal fall injury (CDC 2005).
- Rates of fall-related fractures among older adults are more than twice as high for women as for men (Stevens et al. 2005).
- In 2003, about 72% of older adults admitted to the hospital for hip fractures were women (CDC 2005).
- The risk of being seriously injured in a fall increases with age. In 2001, the rates of fall injuries for adults 85 and older were four to five times that of adults 65 to 74 (Stevens et al. 2005)
- Nearly 85% of deaths from falls in 2004 were among people 75 and older (CDC 2005).
- People 75 and older who fall are four to five times more likely to be admitted to a long-term care facility for a year or longer (Donald et al. 1999).
- There is little difference in fatal fall rates between whites and blacks, ages 65 to 74 (CDC 2006).
- After age 75, white men have the highest fatality rates, followed by white women, black men, and black women (CDC 2005).
- White women have significantly higher rates of fall-related hip fractures than black women (Stevens 2005).
- Among older adults, non-Hispanics have higher fatal fall rates than Hispanics (Stevens et al. 2002).

How can we prevent falls?



- Exercise Regularly! Talk with one of our therapists for a special program or options.
- Have your eyes checked annually.
- Reduce hazards in your home: see our safety checklist.
- Have your doctors check your medicines.

These exercises are intended to supplement a formal education program with a therapist. This handout is a general guide only. If you have specific questions, please contact one of our therapists.

Exercises to Improve Balance

Perform these exercises on a firm surface. Use a stable object such as chair, countertop, table to help maintain your balance.



TANDEM BALANCE:

Stand near stable object such as chair. Put one foot touching heel and toe together. Hold this position as long as possible. Switch legs.

ADVANCED: perform with eyes closed same positions.



SINGLE LEG BALANCE:

Stand near stable object such as chair. Stand on one leg by lifting opposite leg. Hold this position as long as possible. Repeat on other foot.

ADVANCED: perform this exercise with eyes closed.

Making Your Home Safer



The CDC reports that people, who fall, even the ones that almost fall, develop a fear of falling. This causes fear of mobility and self limits activity and decreased physical fitness. Thus increasing their actual risk of falling.

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Home Safety

More than half of falls occur at home. Here are a few tips to improve safety in your home:

- Remove items you can trip over. (for example: papers, books, and shoes)
- Remove throw rugs.
- Use non-slip mats in bath tub and showers.
- Use grab bars near toilet and or tub/ shower.
- Improve lighting in your home.
- Wear shoes that have good support and non-slip soles. Avoid wearing slippers.

These are just a few tips provided by Liberty Rehabilitation Specialists, Inc... We care about your safety. For further information regarding this topic, please contact us at one of our three locations.

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