

MODIFY RISK FACTORS

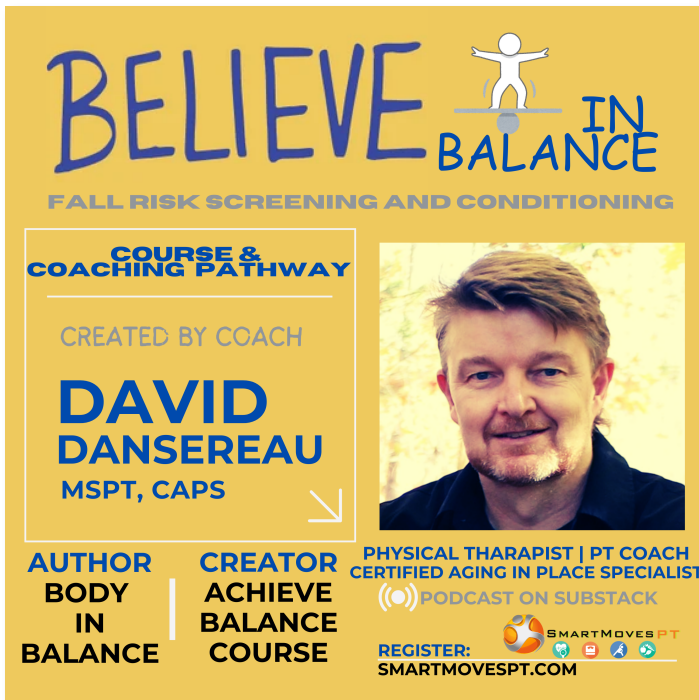
IMPROVE MOBILITY

MAINTAIN INDEPENDENCE

BELIEVE In BALANCE

FALL RISK SCREENING AND CONDITIONING PROGRAM

Why You May Need a Fall Screening and Conditioning Program



For older adults, falls are one of the greatest causes of serious health problems. 1 in 4 adults over age 65 fall each year:

- 25% with hip fractures die within 6 months
- 25% lose significant function and are in pain
- 50% experience a lasting decrease in mobility and lose independence.



Assessment

Using the Otago Program Evidence Based Mobility Assessments with Objective Report of Your Current Fall Risk.

Balance Training and Conditioning

Delivered by Physical Therapists utilizing static and dynamic balance / stability training techniques to regain lower body strength and improve balance and mobility.

Proven Outcomes

Otago Program reduced falls by 35-40% in several New Zealand research studies!

What Are the Major Causes of Falls?

1

WEAK MUSCLES

Cause falls that result in hip fractures, head injuries and even death. More than 40% of people hospitalized from these injuries do not return home and are not capable of independent living.

2

UNSTABLE BALANCE

Studies show balance training, with gait, strength and flexibility components not only improve mobility but also help reduce the risk of falling.

Is Your Body in Balance? Find Out!

3

DIZZINESS

Vision and inner ear problems along with side effects from medications and even blood pressure changes can all cause increased fall risks. Ask your doctor or pharmacist to review your medications.

Balance Program Overview

FOUR areas proven important in assessing your risk of falling will be addressed in this program.

The Believe in Balance Program uses the Otago model, which is a series of 17 strength and balance exercises delivered by a Physical Therapist in the home or clinic that reduces falls between 35 and 40% for sedentary older adults. This evidence-based program, developed in New Zealand, calls for PTs to assess, coach and progress patients over the course of six months to one year. Recent research at the University of North Carolina at Chapel Hill School of Medicine and Center for Health Promotion and Disease Prevention shows statistically significant improvement in clinical outcomes scores after as little as 8 weeks.

Attend the Next Free Webinar Event to Learn More About Our Balance Program and See Client Results!

Visit: smartmovespt.com/balance to register

Ask Your Medical Professional About Participating in a Fall Risk Screening and Conditioning Program



LOWER BODY STRENGTH-strength is a critical factor for a rapid response to a balance disturbance.

BALANCE- normal balance is controlled by a complex combination of visual, muscular and neurologic systems. Together these systems keep us from falling when we encounter an unexpected disturbance.

AEROBIC ENDURANCE- independence and increased fall risks are directly related to walking speed. Testing and exercise interventions help you identify and reduce risks while increasing mobility and confidence.

ACCOUNTABILITY- goal setting and program follow-ups with a PT are provided in home, clinic, by phone or video chat to check in on progress and keep you moving!

CONTACT DAVID DANSEREAU, MSPT AT SMARTMOVESPT TO GET STARTED ON THIS BALANCE PROGRAM!

David is a licensed physical therapist, sports nutritionist, certified aging in place specialist and author of Body in Balance, an Amazon Best Seller in Preventive Medicine! He's been trained in the Otago Balance Program through the University of North Carolina's School of Medicine and has been using the program in his practice for over 8 years. **Note:** The clinical trials completed and cited in the literature demonstrated the best outcomes when the program had been delivered with the oversight of physical therapists and trained health professionals like David. This program is currently not covered by insurance.

