



FREEDOMREHABAQUATICTHERAPY.COM

Are You at Risk of Sustaining a Fall-Related Injury?



— FREEDOM REHAB —
AQUATIC THERAPY AND BALANCE CENTER

INSIDE

How Will Physical Therapy Help Reduce My Fall Risk?
Healthy Recipe: Orzo With Zucchini & Tomato
Tips For Planting A Potted Herb Garden



Are You at Risk of Sustaining a Fall-Related Injury?

Get Back on Your Feet with Physical Therapy

Did you know that 1/3 of the population over 65 falls each year? Every 11 seconds, an older adult is rushed to the emergency room for a fall. Every 19 minutes, an older adult dies from a fall.

According to the Centers for Disease Control (CDC), over 2.5 million adults were treated for nonfatal injuries in emergency departments in 2013. In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about keeping their balance in shape until it is too late and they suffer a harsh fall. The good news is that most falls can easily be prevented, simply by the regular exercising of your balance system. If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately, in order to avoid additional injuries in the future. **It is important to note that you should also contact a physical therapist if you have any of the following symptoms:**

- Dizziness or vertigo ("spinning" sensations, even when remaining still).
- Inability to focus or remain alert.
- Double vision or tunnel vision.
- Nausea or vomiting.
- Arm or leg weakness.
- Abnormal eye movements.
- Difficulty standing up from a seated position or standing for prolonged periods.

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 sustaining a fall-related injury? If so, contact Freedom Rehab Aquatic Therapy & Balance Center today so we can help you figure out the root of your problem and treat it accordingly.



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, your therapist might recommend you to come in for an appointment.

Call *Freedom Rehab Aquatic Therapy* to schedule your appointment today!

How Will Physical Therapy Help Reduce My Fall Risk?



A recently published systematic review by Cochrane, comprised of over 100 randomized controlled trials, supports exercise interventions as an effective treatment method for patients with an increased risk of falling. The average age of patients in this review was 76, and 77% of the patients were women.

Results concluded that those who participated in exercise interventions had a 23% decrease in falls as compared to the control group. Fall risk was also reduced at 21-24%, depending on if treatments were done in individual or group settings. The risk of fall-related fractures was decreased by 27% and the number of falls that required medical attention was decreased by 39%. Concluding statements from the authors demonstrated how overall, "Exercise reduces both the rate of falls...and the number of people experiencing falls."

At Freedom Rehab Aquatic Therapy & Balance Center, your initial physical evaluation may consist of several parts to better determine what your most problematic factors are. These may include vision tests, thinking tests, resting heart rate checks, active heart rate checks, and evaluations of your gait, balance, range of motion, and strength.

Based on the results of this evaluation, your physical therapist will design a treatment plan around your specific needs. These plans are aimed first and foremost at reducing your risk of falling, but they will also aid you in improving balance, strength, flexibility, endurance, and overall movement.

Are you ready to get back on your feet by improving your balance and decreasing your risk of sustaining a fall-related injury? Contact Freedom Rehab Aquatic Therapy & Balance Center to schedule a consultation and get started today!

CALL US AT (941) 400-1505

Refer A Friend Today & Receive One Free Massage!



FREEDOM REHAB
AQUATIC THERAPY AND BALANCE CENTER



Orzo With Zucchini & Tomato

- 5 oz uncooked orzo pasta
- 1/2 large zucchini, 1/4-inch diced
- 1 small plum or Campari tomato, diced
- 1 tbsb extra virgin olive oil
- 2 cloves garlic, smashed & finely chopped
- salt & fresh pepper to taste
- 1/4 cup fresh grated Parmesan or Pecorino

Cook pasta in a large pot of salted water as directed for al dente. Reserve about 1/2 cup liquid before draining. Drain orzo in a colander and add the oil to the pot. Saute garlic for 1 minute, until fragrant, add the zucchini and tomatoes, season with salt and pepper and mix well. Cook until tender, 3 to 4 minutes. Add the cooked orzo and stir to combine all. Add some of the reserved liquid as needed so the pasta isn't dry. Add freshly grated cheese and stir.

Tips For Planting A Potted Herb Garden

Make the Most of Spring Activities!



As the weather begins to warm up, we are all looking for fun activities to get us out of the house while still remaining safe and following CDC guidelines. At Freedom Rehab Aquatic Therapy & Balance Center, we are dedicated to helping you find activities that you enjoy that'll get you moving and out in the sunshine!

One spring activity we think you may enjoy is planting a potted herb garden. Follow our tips below or contact our clinic for more info on how you can enjoy the spring while still protecting yourself!

- 1. Discover what herbs will work best for you.** Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.
- 2. Make sure you have enough room for each herb to grow and thrive.** A common mistake when planting a garden is not allowing enough room for plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread. *A general guideline for common herbs is as follows:*
 - 1 foot in diameter: chives, cilantro, parsley, dill
 - 2 feet in diameter: summer savory, thyme, basil, tarragon
 - 3-4 feet in diameter: sage, mint, rosemary, marjoram, oregano
- 3. Make sure your herb garden is in the right light.** For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check the lighting and watering requirements for each herb you purchase.

Looking for more spring activities?

For more tips, don't hesitate to contact Freedom Rehab Aquatic Therapy & Balance Center today! We can help you enjoy a fun and safe spring.

Upcoming Workshops

Weight Loss for Freedom Workshop

Monday, April 26th - 5:00PM

Are you frustrated with your extra pounds and wish there were a simple, fun, and gentle way to break free from what is weighing you down?

Freedom Rehab Aquatic Therapy and Balance Center is holding a workshop to not only provide useful tips and tricks on nutrition, losing weight and the right ways to exercise, we are going to demonstrate our highly effective Weight Loss For Freedom water aerobics and land strengthening hybrid weight reduction program. Not only will you have great info and a demonstration, you'll leave with an aquatic exercise home program you can do in your own pool!

Aquatic Therapy Workshop (It's more than just water aerobics!)

Tuesday, April 27th & Thursday, April 29th - 5:00PM

(one class per attendee)

Do you wish you could exercise pain-free while building muscle and improving your balance? FRATABC is inviting you to get in our 91-degree saltwater pool and experience our hallmark "Aqua Vita" aquatic program. In this session, you will strengthen your core, work on your balance, strengthen your arms and legs, and walk away with a program to do in your own pool! Each class is limited to 7 participants. Make sure to wear your bathing suit and bring a towel!

Freedom From Falls & Virtual Reality Rehabilitation Workshop

Friday, April 30th - 5:00PM

Do you have the nagging fear that you are one fall away from a disaster? Freedom Rehab Aquatic Therapy and Balance Center will show you highlights from our popular Freedom From Falls program and we will teach you fall prevention tips and tricks that you can start doing today to keep you safe and FREE FROM FALLS! Are you tired of cookie-cutter physical therapy programs that leave you with little results over long periods of time? Freedom Rehab Aquatic Therapy and Balance Center will educate you on the exciting technology of virtual reality rehabilitation and it's many wonderful benefits.

All events will have light refreshments and preregistration is required. Call Freedom Rehab Aquatic Therapy and Balance Center at (941) 400-1505. Located at 17162 Toledo Blade Blvd Port Charlotte.