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Fall 2009 Newsletter

Special Interest Articles

Preventing Falls

Giving Back to the Community

Serving the Northern Baltimore County Community with articles of interest, significant developments in the physical therapy field and –of course– what’s new at Hereford Physical Therapy & Sports Medicine.

Preventing Falls...

Approximately 1.8 million persons 65 and older sustain some type of fall-related injury. Even when those injuries are minor, they can seriously affect older adult’s quality of life by inducing fear of falling. This fear can lead to self imposed activity restrictions, social isolation and depression. Every 18 seconds an older adult is treated in an emergency department for a fall related injury.

Falls can be devastating.

About one out of ten falls among older adults result in serious injury requiring hospitalization and/or long term recovery.

Falls can be deadly.

Falls are the leading cause of injury deaths among older adults. Every 35 minutes someone over the age of 65 dies as a result of injuries linked to a fall episode.

Falls are costly.

Fall related injuries among older adults, especially among older women, are associated with substantial economic loss. In 2000, direct medical costs associated with falls totaled \$19 billion.

Falls are preventable.

Fortunately, there are steps that can be taken to reduce the risk of falls. Effective fall prevention interventions can decrease the possibility of a fall. Falls are not an inevitable consequence of aging, but falls do occur more often in older adults because fall risk factors increase with age. These risk factors include:

- ***Biological risk factors.*** Include mobility problems due to muscle weakness. Chronic health conditions such as arthritis and stroke. Vision changes and loss of foot sensation.
- ***Behavioral factors*** include inactivity, medication side effects and interactions and alcohol use.
- ***Environmental risks.*** Include home hazards (clutter, poor lighting etc) and incorrect size, type, or use of assistive devices (walkers, canes, etc.)

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... Fall risk factor assessment is rarely a part of older adult's routine healthcare...

Preventing Falls Con't....

Usually two or more risk factors interact to cause a fall. Understanding these risk factors is the first step in reducing older adult falls.

Many older adults, as well as their family members and caregivers, are unaware of factors or behaviors that put them at risk of falling and are unaware of what actions they can take to reduce their risks. Fall risk factor assessment is rarely a part of older adult's routine healthcare. All older adults should be encouraged to seek an individual fall risk assessment from their healthcare provider, especially those with a history of falls or balance impairments that are at the highest risk for falls.

**Source 2008 CDC Injury Prevention – Preventing Falls*

Other Fall Prevention Tips....

- ✓ Exercise regularly. Exercise makes you stronger and improves balance.
- ✓ Have your doctor or pharmacist look at all of your medications, some can make you sleepy/dizzy.
- ✓ Have your vision checked.
- ✓ Get up slowly after you sit or lie down.
- ✓ Wear shoes both inside and outside. Avoid going barefoot or wearing slippers.
- ✓ Check your home lighting.
- ✓ Put a phone near the floor or think about wearing an alarm in case you fall and are unable to get up.

Injured Playing Sports???

Now that the fall sports are back in full swing, kids have returned to school and begun the fall sports season. Unfortunately, injuries are part of sports participation.

According to a Centers for Disease Control (CDC) study for the 2005-2006 season, high school athletes account for an estimated 1.4 million injuries. Injury rates in all sports combined was 2.44 injuries per 1,000 athletic exposures. Football had the highest injury rate (4.36 injuries per 1,000 athletic exposures), followed by wrestling (2.50), boys (2.43) and girls (2.36) soccer and girls basketball (2.01). Boy's basketball, volleyball, baseball and softball each had injury rates of less than 2.0 injuries per 1,000 athletic exposures. In each sport, the injury rate was higher in competition (games) than practice.

For the past 8 years, Hereford Physical Therapy has provided a free sports injury clinic to all elementary, middle, high school and recreational student athletes. HPT's professional staff will evaluate the injured athlete and recommend appropriate medical care to the athlete's parent or guardian.

Hereford Physical Therapy is also pleased to be the official sports medicine provider for Hereford High School athletic programs. HPT's certified athletic trainers are on the sidelines for most of the home athletic events providing immediate care to injured student athletes.

**For more information or to schedule an appointment please call
410 229 0055.**

***...Hereford
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has been the
official sports
medicine
provider
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School athletics
since
2002...***

Giving Back To The Community...

During these difficult economic times, more of our neighbors in the community are in need of support. The Hereford Food Bank is located next to the Hereford United Methodist Church with drop off hours Tuesday and Thursdays from 1pm to 3 pm and Saturdays 9 am to 11 am. If these times are inconvenient, please feel free to drop off your donations at our office and we will be happy to deliver them for you.

Hereford Physical Therapy is a proud supporter of the Hereford Food Bank and we thank you for your generous donations.

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*“Providing
Quality
Outpatient
Physical
Therapy”*

We're on the Web!
See us at:
www.herefordpt.com

Falls Risk Assessment...

Hereford Physical Therapy is offering a *Free Falls Risk Assessment Screening on Saturday October 10th 2009 from 9am to 11am*. This screening will look at factors associated with the risk of falls and will be performed by our physical therapy staff. Upon completion you will be given your falls risk score and provided with recommendation to prevent falls. **If you or a family member is interested in attending our Falls Risk Assessment, please contact our office at 410 229 0055 to let us know you are coming.**

What's New at Hereford Physical Therapy??

Hereford Physical Therapy is pleased announce a new addition to our staff. Physical Therapist **Jordan Altekruise, DPT** joins our rehabilitation staff. Jordan graduated from University of Maryland with a doctorate in physical therapy. Jordan is a Hereford High graduate and is looking forward to his return to the "Hereford Zone"



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OR CURRENT RESIDENT