

STOP THE WORRY / PREVENT THE FALL / REGAIN CONFIDENCE

FALL PREVENTION REPORT

By Dr. Avery Schroyer PT, DPT,
CMTPT, Cert APHPT



TIVAN
PHYSICAL THERAPY

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ABOUT THE AUTHOR

Avery Schroyer PT, DPT, CMTPT, Cert APHPT

Avery was born and raised in Lexington, Ky. He attended Lexington Catholic High School. After graduating in 2001, he went to Auburn University to swim collegiately, and earned his Bachelor of Arts in Philosophy. He returned to Lexington and opened a wellness retail store that carried items to help make people’s lives easier. After 3 years, he decided that he really cared for his customers and wanted to make a bigger impact in their lives. He enrolled in the University of Kentucky’s Physical Therapy program and earned his doctorate degree. His physical therapy career has been focused on serving Lexington’s senior population, preventive care in the workplace and local high school athletes. He has served as the Secretary for the Kentucky Physical Therapy Association for more than five years and sits upon several physical therapy committees. In 2015, he was recognized at the national level as the APTA’s “Emerging Leader.”

Avery has been married to his wife Kara since 2012. They have been blessed with four beautiful children, two daughters (born 2016 and 2021) and two sons (born 2017 and 2019). If Avery is not working, he is enjoying time with his family and friends. He and his wife enjoy fishing and being outside with their children.



Welcome: From the Author

In this Guide I share with you 7 areas that will help you prevent a fall and improve your balance. If you follow these recommendations then you will live a longer, healthier, happier and more active life. These are in no particular order, and any one of them will have a positive effect for you.

They all help.

There's a great saying that goes: "Small hinges swing big doors." It's often the simplest advice that wins in the end.

Truth is, without knowing about how good your balance is, or about your other risk factors, I cannot tell you which of these strategies will work best for you. Even if I did know the root cause of your balance issues, there are no guarantees that any one single strategy will fix everything.

Over my career, I have been able to narrow down several things that consistently have worked and are supported by research. They will help improve your balance, decrease your risk of falling and fight the effects of aging. Each of them has the ability to make you feel and act more confident with your movement. They will help you to be the person you want to be. Just imagine how great it would be, if you tried these principles and within a few weeks you felt better and were more active.

You will have gotten rid of the fear of falling.

We tend to shy away from making changes until we absolutely must.

This guide is here to help show you a way to take small steps to fight balance issues. It is here to give you confidence that you are making the right decisions about your health and to let you be there to enjoy your loved ones and keep your independence. I hope it helps you or someone you love.

Dr. Avery Schroyer, PT, DPT, CMTPT, Cert APHPT

How Does the Body Stay Balanced?

When I see patients in the clinic for balance issues or after they have had a fall, I walk them through how our bodies work to keep us upright.

Our body has three systems that work together to know which way is up and which way is down along with all the other directions in between.



FIRST SYSTEM IS OUR VISION.

It sets our horizon and for most of us it is the dominant system that helps us stay balanced.

Unfortunately, as we age, often there are changes and it can become less reliable or has a harder time working in certain conditions such as low light or in the dark.



SECOND SYSTEM IS YOUR INNER EAR.

It provides information for your brain that tells if you are moving to the right, or left, up or down; and even if you are speeding up or slowing down.

Sometimes this system can specifically be affected by a number of issues. Some that can quickly and easily be remedied and others that must be compensated for.

Included are some specifics on the most common issue that causes dizziness in this guide on page 7.



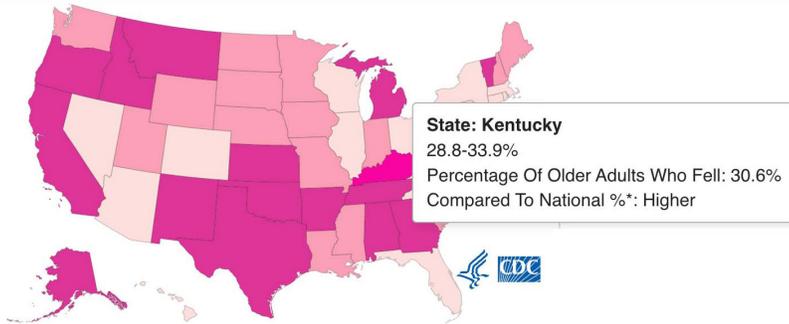
FINAL SYSTEM IS WHAT YOUR BODY FEELS.

It is referred to as proprioception and is what the nerves in your skin and joints tell your brain as to where you are in the world. They help you know if your foot is leaning forward or backward, or side to side. It lets your brain know if your knee is bent, or if it is straight.

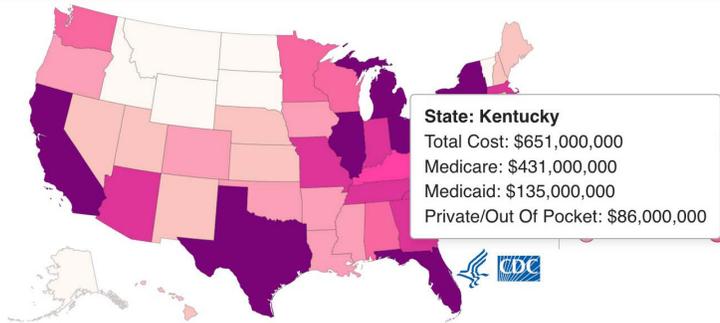
All of this information along with what is provided by the other two systems are what keep you up right and from falling.

It is critical if you are having issues with balance and finding you are falling more, that someone evaluates why this is and addresses the right areas to fix it.

Falls Reported by State 2018



Cost of Older Adult Falls 2014



DON'T be a STATISTIC!

There is reason to be concerned about your **BALANCE**.

Take a look at these info graphics put out by the CDC.

The rate is only continuing to rise each year.

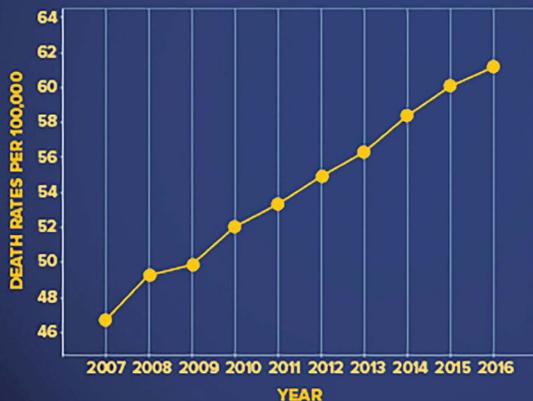
In the state of Kentucky reported falls are higher than the national average. With the total cost of older adult falls averaging \$86,000,000 for Kentuckians in 2014 alone.

The CDC projects that if falls are not prevented and statistics continue to rise that they can anticipate 7 fall deaths every hour by the year 2030.

DON'T be a STATISTIC!

Fall Death Rates in the U.S. INCREASED 30%

FROM 2007 TO 2016 FOR OLDER ADULTS



If rates continue to rise,
we can anticipate

**7 FALL
DEATHS
EVERY HOUR
BY 2030**

Learn more at www.cdc.gov/HomeandRecreationalSafety.



Making Sure Your Plan to RECOVER SAFELY CHALLENGES you.

Our bodies are amazing in the way that they adapt and work.

Your joints, muscles and ligaments respond positively to controlled stress. This is why athletes and performers train for the sport or activity they do.

They put themselves in safe situations to train for their game or performance. You are no different.

As we age, unfortunately, life often gets in the way. Other injuries, accidents or illnesses happen. These events get in the way of you staying healthy, active and fit.

When starting your path to recovery, remember the number one solution for fixing your pain and uneasiness is movement.

If you need to go up 5 or 6 stairs every day to get in and out of your house, think how much easier it would be if you could go up 12-15 steps. Or if you need to carry groceries into the house that weigh 10-15 pounds, wouldn't it be easier knowing you could carry 25 pounds without any trouble. Or what if you could stand on one leg with your eyes closed for 30 seconds, would you still worry about falling?

All of these things would give you more confidence for anything that life can throw at you.

CHALLENGE

The TOP



Ways to Help Decrease Your Risk of Falling

Speak to Your Healthcare Provider About Your Concern About Falling.

Your medical doctor should review your medications for adverse side effects and suggest you see a balance and movement expert such as a physical therapist for a full assessment.

Workout Regularly.

Like most things in life exercise is a critical component to helping you stay strong and improve your coordination. Both of these will help reduce your fall risk.

Practice Balance Activities.

There are a number of ways to do this whether it is attending Yoga or Tai Chi class or doing little things around the house like standing with your feet together or on one foot. The biggest issue is if you are having issues currently to be able to do these types of activities in a safe setting.

Therefore, if you have had a fall or find you are very off balance, see your physical therapist first and start working with them on this before doing this on your own at home.

Have Your Eyes Checked.

An annual screening is another important piece of keeping you from increasing your risk of falling. Your eyesight is one of the three systems that helps you stay balanced.

Make a Few Home Modifications.

These are not large projects, but can be simple things like taking up throw rugs and removing extension cords from walkways. These are trip hazards that often result in falls. You may find even adding grip tape to your shower floor beneficial as often falls occur in the bathroom.

Wear Good Shoes.

Your feet are truly where the rubber meets the road. It is important that you have proper footwear on to allow for traction and support for you to reduce your risk of falling.

Improve Your Cardiovascular Fitness.

Often I see patients that have difficulty and feel most unsteady when they first stand up. This can be a result of their blood pressure getting too low during the transition. Even though this is typically a fleeting sensation it can be improved with better overall fitness.

VERTIGO: BRING THE SPIN TO A STOP

Have you ever woken up in the morning with the room spinning?

You lie there with no idea why or how it's happening?

Or maybe you turned quickly to look at something and immediately were greeted with a sense of dizziness or wanting to fall?

Have you ever been so nauseous from this experience that you end up bed ridden for days with the trash can next to you?

You aren't alone.

You may have something as simple as benign paroxysmal positional vertigo otherwise known as BPPV.

This is one of the most common reasons for vertigo or dizziness and can be easily treated by a physical therapist.

Even though this sensation can be crippling. There is a fix.

If you are suffering from BPPV then it is caused by misplaced "crystals" in your ear. Simply put, your inner ear has three tubes that help us figure out where we are in space. They tell the brain if we are moving to the right or left, up or down and even if we are speeding up or slowing down. Sometimes one of the crystals in your ears become dislodged and fall into a tube. When this happens it sends the wrong signal to your brain and you become dizzy.

With a few quick and simple tests, in the office, we can confirm if this is what is going on and treat it.

The majority of the time it only takes a couple of sessions to be 100% recovered.

We also go beyond just getting you over this issue, and will help you improve your balance and be more confident on your feet. Free from the fear of falling!

Don't continue to suffer with this, give us a call and schedule your visit today 859-303-6393.

What Can I DO When?...

I have pain and can't work out?

I have a pain that is acting up and I can't move like I used to?

I feel like I've tried EVERYTHING and I'm still not making progress?

I'm worried about my medical history and if these are the right steps for me?

If injury or pain is keeping you from being active see an expert.

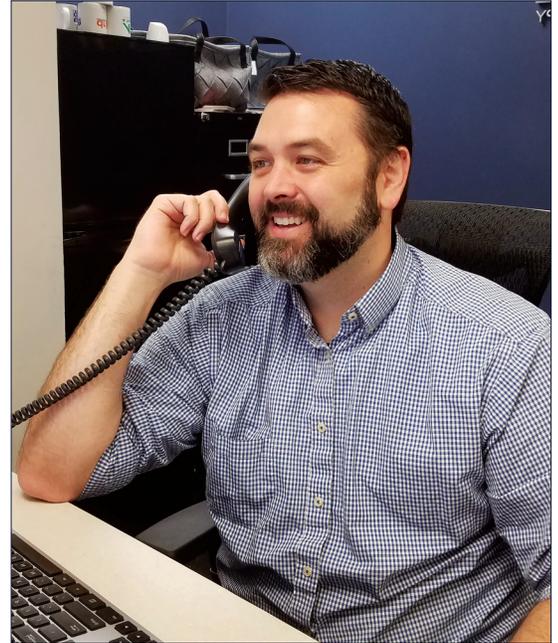
Joints, muscles and nerves can all be checked in person, or during a telehealth visit by your physical therapist. Physical therapists are doctors, who are trained to screen your body's ability to function. They can help you figure out why you are having difficulty moving, hurting and unable to do what you love. They will help you get stronger, more flexible, pain-free and increase your balance. They are trained to help you recover from injuries and setbacks so you can get back to your normal life. Physical therapy can help with day-to-day tasks, or help with your performance of specific activities such as tennis, golf and swimming etc.

Don't be afraid to ask questions.

If you have any please call us at 859-303-6393, or email us at admin@titanptky.com, and ask to speak to **Dr. Avery Schroyer**. Yes! You will be able to get the actual doctor on the phone!

Want to find out more, www.TitanPTKY.com has additional information. Browse our **Quick Guides** and read our latest **Titan Strong** blog posts. Not seeing what you need there, fill out our form and we will try and accommodate you with more information on your specific topic.

We want to help you take charge of your health and be one of your top sources for this information.



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YOUR FREE BONUS HEALTH AND WELLNESS SCREENING

When it comes to fully understanding how to improve your health and movement, and how it is specifically impacting your life, there are many factors to consider.

Throughout this report, I've mentioned the importance of being physically active, which plays a huge role in your overall health and wellbeing. I've also mentioned things like side effects from medications, sleep habits, diet and exercise. So, fully understanding what's negatively impacting your health can end up being quite confusing.

We've developed a tool for those who want a more in-depth understanding of these potential factors and to understand their risk before they decide how to improve their health.

**We offer a FREE "Health and Wellness Screening"
with one of our specially trained physical therapists.**

So, if you're frustrated by not understanding why your health is the way it is, and you wish to get down to the **ROOT CAUSE** of your trouble before deciding how best to handle it, claim your free assessment TODAY!

**To claim your FREE "Health and Wellness Screening,"
Simply call our office at
859-303-6393
or email us at admin@titanptky.com
Subject: COVID-19 Health and Wellness Screen.**

During your free assessment, we will help you understand TWO things:

1. The ROOT CAUSE for your health difficulties
2. What you can do to improve your health IMMEDIATELY

**To learn more about how this screening works, visit our website at
<https://www.titanptky.com//healthandwellnessscreen>**

WE ARE LOOKING FORWARD TO HELPING YOU!