



Indiana Physical Therapy is dedicated to providing quality therapy to our patients in a timely and cost effective manner. We promise to provide prompt and courteous service, ongoing health education, expertise, and rehabilitative services with real results at each of our clinics.

INDIANA PHYSICAL THERAPY

# BALANCE AND FALL PREVENTION



**CALL TO SCHEDULE AT ANY OF OUR LOCATIONS THROUGHOUT INDIANA:**

**FORT WAYNE AREA: (260) 209-2464**

**INDY AREA: (317) 449-2333**

**MICHIANA: (574) 931-2802**

**OPEN 7AM-7PM**

**ACCEPTS ALL INSURANCES**

**GUARANTEED APPTS WITHIN 24 HOURS**



**INDIANA  
PHYSICAL THERAPY**

*Where people go to get better*

[WWW.INDIANAPT.COM](http://WWW.INDIANAPT.COM)

## TALK TO YOUR DOCTOR ABOUT YOUR FALL RISK AND PREVENTION

Make sure to let your doctor know if you have fallen, think you might fall, or feel dizzy. Have your doctor review medications that may make you sleepy, dizzy, or cause you to fall. Be aware of muscle weaknesses, joint stiffness, inner ear problems, sedentary lifestyle, and/or the aging process, which increases your fall risk.

## EXERCISE TO IMPROVE BALANCE AND STRENGTH

Balance problems may make you fearful of performing simple daily activities. You may lose muscle strength because you avoid strenuous or challenging movements. A person who has balance problems may start to feel frustration about the condition and become weak and depressed.

**We ensure that every patient who comes to us is cared for by an expert in our field and provide rehabilitative services with results every day at any of our clinics in Indiana.**

## MAKE YOUR HOME SAFER

- Put often-used items within easy reach.
- Use a step stool for out of reach items – never a chair.
- Keep objects off the floor.
- Remove or tape down rugs.
- Install grab bars inside the shower and beside the toilet.
- Keep cords and wires next to the wall/out of the way.
- Use bright light bulbs throughout the house.
- Utilize night lights.
- Make sure all stairs are safe.
- Put non stick mats in the shower/tub.

Falls are more likely while wearing inappropriate footwear. Wear safe shoes that fit well, have a firm heel to provide stability, and have a textured sole to prevent slipping.