



Home Health Therapy Services

Early Signs of a Need for Therapy Services

- Dizzy symptoms
- Taking more time to get ready
- Recent fall
- Needing more assistance with getting up and down from a chair
- Increase pain
- Pain waking up at night
- Numbness and tingling hands or feet
- Decrease balance
- Change in medication - possible side effect of dizziness
- Sleeping more throughout the day and not as much at night

How Can Therapy Services Benefit you:

- Decrease pain
- (Drug free methods of pain management: electrical stimulation, ultrasound, Infrared, trigger release through therapeutic massage)
- Strengthening
- Getting up easier out of a chair
- Walking longer distances
- Increasing Range of motion
- Education for fall prevention and safety awareness in your apartment and
out in the community
- Improve balance and reduce dizziness
- Simplifying daily routines



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What is the definition of a Fall:

'Unintentionally coming to the ground or some lower level'

A fall is an event which results in a person coming to rest inadvertently on the ground or other lower level and other than as a consequence of the following. Sustaining a violent blow, Loss of consciousness, Sudden onset of paralysis, as in a stroke, an epileptic seizure.

In independent older community-dwelling people, about 50% of falls occur within their homes and immediate home surroundings. Most falls occur on level surfaces within commonly used rooms such as the bedroom, living-room and kitchen.

Comparatively few falls occur in the bathroom, on stairs or from ladders and stools. While a proportion of falls involve a hazard such as a loose rug or a slippery floor, many do not involve obvious environmental hazards.

The remaining falls occur in public places and other people's homes. (from study by Zecevic, Defining a Fall and Reasons for Falling: Comparisons Among the Views of Seniors, Health Care Providers, and the Research Literature)



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How to Safely Stand Up From a Chair

Here's How:

1. Move your bottom to the edge of the chair.
2. Place both feet firmly and flat on the floor.
3. Place both hands on the armrests of the chair. If there are no arm rests, then place both hands on the edge of the chair.
4. Lean forward so that your nose is over your toes.
5. Push down through your arms as you help unload your weight off the chair.
6. As you are pushing down through your arms, begin straightening your legs.
7. Let go of the chair and finish straightening your legs.
8. Stand up nice and straight.

Tips:

9. Never grasp unsteady objects - like a cane or walker - to pull up.
10. Make sure you move your bottom to the edge of the chair.
11. Don't forget to lean forward with your "nose over your toes."