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## We Can Reduce Your Risk of a Fall-Related Injury



## Reduce Your Risk of a Fall- Related Injury



**Call today or scan the QR  
code below to schedule an  
appointment.**

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 falling? At Boulet Physical Therapy, our team will address your concerns and help you regain your confidence!

In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about working on their balance until it is too late. The good news is that you can easily prevent most falls with guidance from a physical therapist.

Falls are a significant concern for seniors, and even without an injury, a fall can cause a loss of confidence and reduce a person's ability to carry on with daily activities. If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately to avoid additional injuries in the future.

Our team will give you the tools to recover from a recent fall or avoid additional injuries in the future. Call Boulet Physical Therapy today for an appointment, and let us help you get stronger and more confident so you can do the things you enjoy!

### Are you at risk of falling?

Some people have a higher risk of falling than others, and a combination of factors causes most falls. The more risk factors a person has, the greater their chances of falling. The most common risk factors include:

- Advanced age
- Dizziness or vertigo ("spinning" sensations, even when remaining still)
- Vision problems
- Impaired balance and gait control (whether age-related or due to illness)
- Muscle weakness and reduced physical fitness
- due to a sedentary lifestyle
- Neurological disorders (i.e., Parkinson's disease and Alzheimer's)
- Cardiovascular disease (i.e., heart attack, stroke, PAD)
- Cognitive impairments
- Depression
- Acute and chronic illnesses
- Previous history of falls

Your physical therapist will assess your medical history to determine how many risk factors toward falling you may have. They will educate you on what these factors mean, as well as steps you can take to decrease your risk.

# Physical Therapy Can Keep You On Your Feet

Our physical therapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation and a mobility, strength, and balance assessment to identify all the factors contributing to the injury. This will consist of a thorough history to understand more about the demands on the body, how many risk factors you may have, and your overall health status.

In addition, we will include a review of your fall history and fear of falling, as well as identify any home hazards/environmental factors that may contribute to your fall risk. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques for the individual.

## What to expect in physical therapy

The good news is that you can prevent most falls. The key is to get guidance from your therapist, who will teach you the correct exercises to improve your balance. Our recommendations aim to reduce your risk of falling, but they will also aid you in improving coordination, strength, flexibility, and overall movement.

### Some common aspects of treatment include:

- **Pain management.** Your physical therapist will work with you on relieving pain first before continuing any other forms of physical activity.

- **Balance training.** Balance is a large part of fall prevention, as lack of stability is one of the main reasons falls occur. Your physical therapist will design a balance training plan for you as part of your treatment.
- **Strength training.** Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement.

Your physical therapist will then incorporate task-specific treatments with a safe and effective progression to assist you in a safe return to daily activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

## Call our clinic for help today

**Call 337.223.4622 Today!**

Exercise is one of the most effective treatment methods for patients with an increased risk of falling. Our team will help guide you through the steps you need to regain your confidence and reclaim your life. Contact Boulet Physical Therapy to schedule a consultation and get started today!

Sources: <https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html> · <https://www.bmj.com/content/347/bmj.f6234> · <https://bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-019-1359-9> · <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-020-01041-3>



## Patient Success

*"The entire team is friendly, courteous and professional."*

*"Simply AMAZING! The entire team is friendly, courteous and professional. Pat is indeed gifted with "healing hands". I appreciate her honesty and willingness to help. You become part of their family and miss them when discharged. I would HIGHLY recommend Boulet Physical THERAPY!" — J.A.*



### Staff Spotlight: Kathryn Sayes, PT, DPT

Kathryn Sayes is an alumna of the University of Louisiana at Lafayette where she earned a Bachelor of Science Degree in Exercise Science. During her time at ULL, she spent her free time working as a physical therapy technician in an inpatient rehabilitation hospital and a private-owned outpatient orthopedic clinic where she developed her passion for working with patients to facilitate them in reaching their goals. Kathryn Sayes later attended the University of Central Arkansas in Conway, AR where she received her Doctorate of Physical Therapy. During her education at UCA, Kathryn pursued additional training in advanced manual therapy and advanced treatment strategies for spinal cord injuries. Following graduation from UCA, Kathryn began practicing as a physical therapist in Covington, LA in a private-owned outpatient orthopedic clinic where she worked with people aging from 9 to 95 years old for a variety of orthopedic and neuromuscular conditions. Kathryn is certified in Trigger Point Dry Needling. Working with individuals to help them return to doing what they love is Kathryn's passion.

**Come Back To Physical Therapy. Call 337.223.4622 Today!**

# Happy Birthday Michael!



**Boulet staff celebrated Mike Benoit's birthday, who is a long-time patient and wellness client.**

## Come See If Laser Therapy Is Right For You!

Laser therapy can be used to treat a vast variety of conditions, ranging from acute to chronic. The nature of your condition will determine the parameters for your laser treatment.

### September 19<sup>th</sup> we are doing a FREE Lightforce Laser Trial

Come see if laser therapy is right for you. We are also offering a special discounted price of \$200 for a package of 6 laser treatments!

Call 337.223.4622 to sign up for your trial today!



## Have You Met Your Annual Insurance Deductible?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Let us help you get a head start for 2024.

[bouletptandwellness.com](http://bouletptandwellness.com)

## Spread The Love!

Would you take a moment to share your Boulet PT experience on our Google Review page? We make it easy: just scan this QR code with your phone's camera.



# Call Boulet Today



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