


The METRO SPORTSMED FALL NEWSLETTER

Monday, October 19, 2009

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METRO SPORTSMED®
Physical & Occupational Therapy

October is Physical Therapy Month

A potentially dangerous fall can happen at any age. Many falls that happen within the home could have been avoided by taking the appropriate preventative measures.

The **METRO SPORTSMED®** Team of physical and occupational therapists specialize in the development of well designed Fall Prevention programs that address your needs. In this issue, please find our recommendations to help preserve balance and avoid falls.

Thank you again for choosing us as your rehabilitation provider,

The **METRO SPORTSMED®** Team
www.metrosportsmed.com
718.METROSPORTSMED
718.638.7677

How To Prevent Falls At Home



To begin safeguarding a home, the following areas and items should be closely examined:

Front door and other entrances – Install railings on both sides of steps, repair broken stairs or walkways and ensure

adequate lighting.

- Living Room and bedrooms – If a piece of furniture acts as an obstacle, move it closer to the wall or remove it completely. Install thick carpeting to help break a fall, should it occur, eliminate glass tables or other breakable items. Avoid tables with sharp edges, rounded corners are preferable.
- Bathroom – Install safety bars near the toilet, and in and around the bathtub or shower.
- Outdoors – Keep walkways clear of debris and weeds.
- Cords - Move cords away from high traffic areas, wrap any access, and attach extension cords securely to the wall.
- Flooring – Purchase non-slip rugs to counteract a smooth floor, particularly in the bathroom and kitchen, where contact with water becomes a cause for concern.
- Colors – Use colors to differentiate between various levels and fixtures. Highlight the edges of steps with a brighter color or choose a wall color that offsets the shade of fixtures.



In addition to changes at home, exercise can also be a key tool in fighting off unnecessary falls.

The Right Approach Is Important...

As we grow older, we tend to become more set in our ways. Physical changes, especially the thought of exercise become daunting. Add the elements of fear, embarrassment and helplessness and the result is a dangerous susceptibility for lethal falls.

It is our responsibility, as their family, friends, and healthcare providers - to help make their home a safe place to live. It is best to discuss any concerns with those involved before going ahead and making changes. A senior may not respond well to uninvited modifications, leaving the door open to refusal and scrutiny.

Explain the importance of fall prevention with a gentle tone and genuine concern, instead of trying to impose your opinion. This is the best way to elicit a positive response, and implement a fall prevention program.

Prevention Can Save Your Life!!

You don't have to wait for a fall to happen in order to seek assistance from qualified professionals. The **METRO SPORTSMED®** team of physical and occupational therapists are specially trained to provide



MONTHLY PROSPECT PARK TRACK CLUB MEETING

Monday: November 2nd, 2009

Time: 7:00-8:00 pm

Place: **METRO SPORTSMED®** Physical & Occupational Therapy

263 7th Avenue Suite 2A

Brooklyn, NY 11215

For more information please contact :
jsheinberg@metrosportsmed.com

**ASK US ABOUT THE
METROFIT™ Nutrition Program**
Daniel Spira-Bleier, RD, CDN
Registered Dietician

Our goal is to help you achieve a healthy lifestyle. We offer nutrition management for weight loss and chronic diseases. At **METROFIT™** your success is our top priority, therefore we work with you to find the diet that best fits your lifestyle. Our Registered Dietitian* will ensure you receive medically sound nutrition advice.

For more information or to register please call:

CALL 718 METROFIT (718-638-7634) or email:

jsheinberg@metrofitonline.com

IN HONOR of PHYSICAL THERAPY MONTH

METRO SPORTSMED's Physical Therapy Department invites you to learn more about treatments for :

Arthritis, Orthopaedic & Neurologic Conditions, Balance Disorders, and Pelvic Health

Date: Thursday, October 22nd
TIME: 11:00-1:00

PLACE: NEW York Methodist Medical Pavilion

263 7th Avenue - Lobby

PLEASE CONTACT JSHEINBERG @ 718.369.8041 or
email : jsheinberg@metrosportsmed.com

Refreshments will be served

METRO SPORTSMED's Hand & Upper Extremity Division Expanded

OT Services now offered at MIDWOOD & BORO PARK
locations

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help in a variety of aspects, including preventative measures against falls. We can recommend a series of exercises that address stability issues and encourage a safer environment.

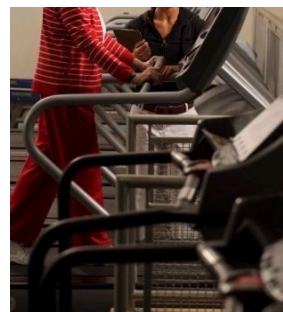
Word of Caution: Clutter Can Spell Disaster

If you or someone you know is considered a "pack-rat", it may be time to clean out the clutter. An overfilled house is a recipe for disaster because there are often pieces of furniture and items to walk around, possibly sparking a loss of balance.

Do away with furniture and bulky items you no longer need, as a way of creating a free-flowing, obstacle-free living area. The longer you wait, the greater the opportunity for a fall to occur.

Call **METRO SPORTSMED®** now to schedule an appointment to find out how to keep yourself or a loved one safe from a dangerous fall before it happens. It's time to save a life.

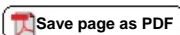
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