



RIVERSIDE
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Protect Your Independence

Find Out How Physical Therapy Can Reduce Your Risk of Falling

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 PacificPro Physical Therapy and Sports Medicine, 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 PacificPro Physical Therapy and Sports Medicine 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

NO DOCTOR'S REFERRAL NEEDED

California is a Direct Access State, so you can see a physical therapist without a doctor's referral! Start your recovery today at PacificPro Physical Therapy & Sports Medicine.

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HEALTHY RECIPE

APPLE PIE CHIA SMOOTHIE

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.



Ingredients

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- A pinch nutmeg and salt

Directions: Blend all ingredients until smooth; add ice if desired.

<https://helloglow.co/fall-smoothies/> Photo by Ana Stanciu

EXERCISE TO TRY AT HOME

TANDEM BALANCE, EYES CLOSED



Try this simple exercise to help improve your balance.

Stand next to the back of a chair and place one hand on it for support. Place one foot right in front of your other so your heel is touching the tips of your toes. Close your eyes and then remove your hand from the floor. Hold this balance for 30 seconds.

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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!

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.



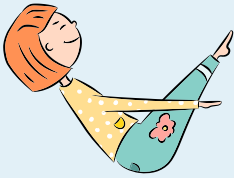
[Request an Appointment](#)

YOGA FOR KIDS



Did You Know... that Yoga has been shown to improve both physical and mental health in children? Yoga improves balance, strength, endurance, posture, and aerobic capacity. Research suggests that yoga can also improve focus, memory, self-esteem, academic performance, classroom behavior, and can even reduce anxiety and stress. Yoga can also help children with ADHD by improving the core symptoms, including inattentiveness, hyperactivity, and impulsivity. It can also boost school performance.

Try these simple and fun yoga poses with your children:



Boat Pose Balance on your buttocks with your legs up. Then rock in the water like a boat.



Bow Pose Lie on your stomach, bend your knees, and lift your chest.

You can even reach your arms back and hold your feet.



Cat Pose On all fours, round your back and tuck your chin into your chest.



Warrior Pose 2 Standing, step one foot back and face it slightly outwards. Lift arms parallel to the ground, bend your front knee, and look forward.

**Yoga is not only good for kids but for adults as well.
Discover the benefits together!**

[Request an Appointment](#)

Patient Success

"Awesome place, Awesome Team, Awesome results. Mason and his team take the time to get to know you and what is happening with your body. I would recommend them to anyone one. You're not a patient when at PacificPro in Murfreesboro, you are family. As my time comes to an end I am happy to be in a better place physically but sad that my time is ending. I feel I made some friends here. Do not hesitate to go see Mason and his team!"
—Chris S., Murfreesboro clinic

"I saw the good online reviews and decided to give them a try. Came to this clinic following shoulder surgery for a sports injury. The clinic is full of down to earth, honest, and hard working staff. There is a sense of calm that they emanate which gets transferred to the patients who come here, including my injured, anxious self. I wondered if I could ever return to my previously active lifestyle following surgery and Laurie and Peter guided me with their sage wisdom. Both are excellent physical therapists who know when to keep me in my lane when I am overexerting myself and when to give me a motivating push when I am feeling uneasy or stagnant in my progress. They got me back to where I was prior to my injury and I am now equipped with their teachings on how to maintain my progress and prevent future injuries. To say that I recommend this place is an understatement. Also shout out to all the wonderful aides."—Tae P., Irvine clinic



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[Share Your Success Story](#)

Are You In Pain? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact PacificPro for an appointment. We will guide you so you can get back to the activities you love.

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