



## **Reduce the Risk of Falls, Broken Bones with Physical Therapy**

By Carla Kazimir PT

Often I hear patients tell me how their condition is not something that can be cured so Physical Therapy is not really going to help them. Physical therapists are not in the business of curing illness. We are trained professionals in problem solving. We evaluate balance, strength, flexibility, coordination, sensation and a multitude of other things. We look at our patient's medical history, the drugs they take, the living environment they live in and we look at the functional challenges that they have. Each person is different. Some clients can work on certain exercises and improve in their strength and their flexibility and this improves their situation. Others require pain management to get out of pain first and then address their functional ability. Still others require bracing and others home modifications.

The benefits of seeing a physical therapist is that you are evaluated on many levels and your treatment program is customizable to work towards specific goals. Often times a 20-30 percent improvement in flexibility or strength will make a significant improvement in the functional ability of a person. Their quality of life dramatically improves.

Simple things like learning to correctly get in and out of a chair can significantly reduce falls. Advising a patient on home modifications in the bathroom can dramatically improve home safety. Teaching a person how to get off the ground is also a great skill to have.

At North Valley Physical Therapy we have different components in our gym that work on balance, coordination, strength, endurance and flexibility. We try to evaluate each client carefully. It is important for the client to feel comfortable with the therapist and open and honest about their struggles or challenges. The more honest the communication is, the more customizable the treatment program can be. We can zero in on the issues that are providing the most challenge and design a more effective treatment plan.

If you or someone you care for is having problems with falls or balance, try to pay attention to the details. How often are they falling? Where do they fall? How do they fall? When do they fall? All this information is helpful when going for an evaluation with a physical therapist. It helps us to plan a treatment program and it also helps us to know if we are being effective. We can never promise to prevent further falls, but we should be able help our clients reduce their personal risk.

If you would like to schedule a Physical Therapy evaluation please contact North Valley Physical Therapy 818-217-4868. North Valley Physical Therapy is located in the Knollwood Shopping Plaza in Granada Hills. [www.northvalleypt.com](http://www.northvalleypt.com) NVPT is a Medicare Provider and bills all private insurances. They also have a cash based wellness program.