



# Conforti Physical Therapy & Fitness Center

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- Orthopedic and Muscular Rehabilitation
- Aquatic Therapy
- Sports Medicine
- Spine Center  
Pilates  
McKenzie
- Massage Therapy
- Manual Therapy
- Movement Therapy
- Myofascial Release
- Wellness
- Personal Training

*CPT – Keeping  
You in motion!*

## FALL PREVENTATION AND TREATMENT

By Jeff C. Conforti, DPT

Can you stand on one leg without losing your balance for more than 5 seconds?

This is one of several keys tests for determining if your balance is normal.

### After-effects of falls:

1. Fractures, which often lead to becoming home-bound or to a nursing home. Statistically, this leads to an early death.
2. Head injuries.
3. Soft tissue injuries (rotator cuff tears, etc.)
4. Reduced mobility.
5. Fear.

### Components of our balance system:

1. Eyes.
2. Inner ears.
3. Head and neck position.
4. Position of hip and ankles.

### Predisposing factors for falls:

1. Muscle weakness in the trunk, hips or lower extremities.
2. Easily fatigues, both aerobically and muscularly.
3. Poor posture (changes center of gravity), forward head posture, flexed posture.
4. Problems with vision and/or dizziness (vertigo).
5. Poor gait mechanics: short stride, poor hip control, poor ankle mobility.
6. Prior fall(s).
7. Cluttered areas.

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**If you have had one or several falls, do the following:**

1. Determine cause of fall-accidental (tripped); due to dizziness or vision deficits; due to weakness, poor endurance, poor mechanics. **SEE YOUR PHYSICIAN** to rule out the “bad things” such as stroke, blood pressure problems, aneurysm, etc. !
2. Seek treatment including assessment by a physical therapist to determine possible physical causes such as those noted above. Exercise, balance and gait training.

**Preventing falls:**

1. Check area for clutter, electrical cords, etc. to reduce risk for accidental falls.
2. Regular physician check-ups for blood pressure, cardiac issues, etc.
3. Have eyes checked regularly.
4. **EXERCISE:** to improve strength in legs, hips and core; to improve cardiovascular conditioning; improve mobility and challenge balance to improve gait mechanics; improve your posture. If you are not sure what to do or how to do it, consult with an expert such as a physical therapist and take the time and effort to learn.