

“Therapy Times”

June 2015 Newsletter

Stop Hurting and Start Living!

What's in this issue?

- Reducing the risk of falls with Balance Screening—Page 1



Free Balance Screening!

Don't wait!
Call us now to schedule
your appointment.
407-814-0436.
We will be happy to
discuss your concerns and
questions.



Celebrations!



April 4, 2015:
Bo Williams received his doctorate degree in Healthcare Administration. Congratulations Dr. Williams!

May 2, 2015:
Happy 9 year Anniversary to Performance Rehabilitation. Established May 2, 2006.

May 15, 2015:
Happy Birthday wishes to Therapist Assistant, Laura Lang.

Dangerous Falls ... Are You at Risk?

Physical Therapy and Falls Prevention

Falls among the elderly are prevalent, dangerous, and can diminish their ability to lead an active and independent life. About one in three seniors above age 65, and nearly one in two seniors over age 80, will fall at least once this year, many times with disastrous consequences. Physical therapists can help prevent falls with evaluation and development of individualized treatment plans including exercises to improve strength, mobility, and balance.

Risk factors associated with falls

- Conditions associated with aging
- Muscle weakness
- Difficulty with balance or walking
- Vision problems
- Pre-existing medical conditions that limit mobility, such as Parkinson disease, stroke, or diabetes
- Conditions that cause confusion (dementia, Alzheimer's, etc...)
- Being on more than four medications at the same time
- Use of an assistive walking device
- Environmental hazards (e.g., throw rugs, pets)
- Difficulty completing activities of daily living
- Low blood pressure

Maintaining Physical Activity

Maintaining physical activity is critical in helping to prevent falls. Physical therapists recommend activities of any fitness level, including gardening, line dancing, and yoga to help improve balance and movement.

How a Physical Therapist Can Help

Once we have reviewed your medical history and completed a thorough examination, we will design an individualized program of exercises and functional activities for you. This program will focus on strength, flexibility, balance, coordination, and walking. If necessary, we may refer you to other medical professionals, such as an ophthalmologist or neurologist.

Test Your Balance—For Free!

Give us a call and we will schedule a **free balance screening**. Based on the results of the test, we will recommend what action, if any, should be taken to correct your deficit.

Making Some Magic



Performance Rehabilitation recently “teamed” up with the Orlando Magic to provide a most magical birthday gift for one of the clinic’s patients, Phillip Wickman. To say the very least, Phillip is a HUGE Orlando Magic fan! Wanting to do something very special for Phillip’s birthday, Dr. Richard Vicory reached out to Orlando Magic Account Executive, Jimmy Missouri to inquire if there was anything that he could do to make the evening extra special for Phillip - and WOW, did he ever come through! Mr. Missouri arranged to get Phillip on the floor, before the game, for player warm-ups. But wait, that’s not all - after the game, Phillip met the players outside their locker-room, where Magic player, Tobias Harris presented Phillip with an autographed team basketball!

After meeting Phillip for himself, Mr. Missouri wanted to do something even *more* special for him. At a game to follow, Mr. Missouri arranged for Phillip to sit courtside for the Magic vs. Portland Trailblazers game! As you can see by the enormous smile on Phillip’s face in these photos, he had a grand time!

Performance Rehabilitation would like to send our sincere thanks and heartfelt gratitude to Jimmy Missouri and the Orlando Magic for recognizing Phillip for his support of the team. The Magic’s overwhelming generosity and their willingness to make some magic for Phillip reflects just one of the many ways that the team reaches out and focuses on the people within their community and in showing appreciation to their fan base.

To learn more about the Orlando Magic and how to secure your season tickets, group experiences, hospitality suites, and/or courtside seats please contact:

Jimmy Missouri
jmissouri@orlandomagic.com
407- 916-2954



Phillip with Magic mascot, Stuff



Phillip with former Magic player, Nick Anderson

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