



Carrie



Tina



Russell

April is 'APRIL FALLS MONTH' at Glenelg Physio. We are available to assess, treat and prescribe exercise programs for patients at risk of falls. Simply fax referrals to 08 7477 8907 or call Tina on 08 8295 6500.

Condition in Focus

Falls Prevention

88 yo male presented following a fall whilst getting out of a chair 6 weeks prior. The fall led to 2 x Right pelvic fractures and necessitated a 12 day stay in hospital. Pt received inpatient physiotherapy and had been discharged with a bed-based home exercise program. Pt was now using a walker outside of the house and had been walking up to 90 minutes a day outdoors prior to the recent incident. Pt was very concerned about suffering another fall. On examination, reduced standing balance on the Right side was noted. On walking, patient was observed to have increased postural sway and tended to use a wide base of support. When asked to lift his feet higher, patients balance rapidly decreased and there was a more pronounced sway. Sideways walking revealed difficulty taking weight through the Right leg during stance phase. There was no significant difference in hip and lower extremity strength between the Left and Right sides.

Treatment has consisted of seated and standing hip and lower extremity strength exercises, and a variety of gait training activities.

After 1 week, patient reports he is no longer using his walker. On observing his gait pattern, he demonstrated increased control, decreased sway and an improved ability to safely ambulate. Our plan is to steadily increase walking-based challenges and restore patients endurance.

The experienced physiotherapists at Glenelg Physio are available for GP in services should you wish to have them deliver a high quality in service for your team. Contact Tina on 08 82956500 or hello@glenelg.physio for

We make it easy to refer.

Simply FAX referrals to:

08 7477 8907

Or request referral pads at

hello@glenelg.physio

NO GAP EPC Plans for Falls Prevention

Who to refer to Glenelg Physio:

Chronic conditions causing

- Balance issues (falls prevention)
- Muscular deconditioning issues
- Postural issues
- Osteoarthritis
- Pre & Post Operative Conditioning

We do not charge a gap fee for EPC.

Falls don't have to be an inevitable part of ageing. We can help.

Did you know that every day about 47 older people are admitted to an SA public hospital injured after a fall?

Glenelg Physio has fully equipped treatment rooms including

Steps, hand rails

balance pads, balance beams

Resistance bands,

Gait training space