



FALL PREVENTION AND STAYING ACTIVE DURING WINTER WEATHER

Brrr, it's cold out there! With winter and icy weather comes safety risks, such as getting injured from a strain while shoveling or slipping on ice as you walk in a parking lot!

Having your balance assessed this season could help you to avoid fall-related injuries. Give Ellis Physical Therapy a call today to schedule an appointment, so we can help you feel steady on your feet! Our therapists are the balance experts in the field and want to make sure our patients lower their fall risk as much as possible.

Staying Safe and Active In Winter

Between the limited daylight hours, chilly temperatures, and occasionally icy conditions outside, staying safe and healthy can be challenging. Anything you can do to keep active during the winter months is a step in the right direction!

Ice and snow are the biggest threats that winter poses, especially to older patients! Slipping on ice can result

in nasty, painful falls. However, with preparation and planning, you can stay safe and active in the winter months. This may sometimes feel difficult to accomplish due to injuries and inclement weather, but knowing the proper steps to take can help you keep doing the things you enjoy no matter the conditions outside.

The most common injuries related to cold weather happen from falls on icy sidewalks, steps, driveways, and porches. Ideally, you will stay off the ice when possible. Walking on ice is extremely dangerous, regardless of how good your balance is. Do your best to keep your steps and walkways free of ice with sand, salt, or cat litter.

If you plan to run or walk on snowy, icy surfaces, attaching snow or ice spikes to your boots or running shoes will help you maintain traction to reduce the risk of falls. Be careful with wearing spikes on the pavement as they are designed to penetrate the ground and affect your balance.

Visit Us Online www.EllisPhysicalTherapy.com or Call Today (208) 266-2695



REDUCING YOUR FALL RISK

How Can a Balance Expert Help Me Reduce My Fall Risk?

The physical therapists at Ellis Physical Therapy are balance experts who can help you improve your balance and fight back against the risk of falling this winter.

Your therapist will perform a thorough physical examination to identify the source of your pain and/or injuries if they are present. Your mobility, strength, balance, and gait will be assessed as well to determine your fall risk. This information will help us create a program including targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques that can help keep you upright and on your feet this season!

What Should I Expect During Therapy?

The first thing you should know about therapy for balance is that this kind of therapy is not a “one size fits all” approach. Your program will be specific to your needs and wants and fit into your lifestyle.

Some of the interventions you can expect to experience at Ellis Physical Therapy are:

- **Strengthening exercises:** These exercises will address muscle weakness which is often a primary contributing factor to poor balance and falls during winter weather. With strength and balance training, patients are better equipped to recover from unexpected lapses in gait or a momentary loss of balance to prevent falls.
- **Gait training:** Gait training will include activities to improve gait mechanics and increase your confidence

and safety in navigating across different terrains (icy sidewalks, porches, parking lots) and around various obstacles, such as snow. Our physical therapists will also evaluate the need for an assistive device or perhaps adjust the device you are currently using.

- **Static and dynamic balance training:** This kind of training will be incorporated into your physical therapy treatment to help your body learn how to better respond to environmental challenges to their balance. For example, you may be asked to stand on one leg while performing a mentally-challenging task, such as reciting the alphabet or reading a paragraph of text out loud. Our physical therapists will also teach you balance strategies to help mitigate fall risk.
- **Endurance training** may improve muscle endurance and improve aerobic capacity for activity. Both will reduce fatigue as a risk factor for falls when walking or completing daily tasks.

Contact Us Today for a Balance Assessment

Ellis Physical Therapy wants our patients to feel safe and confident in their mobility and balance. Winter can be a difficult time for those with compromised balancing abilities; however, with the help of a physical therapist at our clinic, it doesn't have to be!

Call us today to have your balance assessed this snowy season. We can determine if you are at risk for falls, show you how to prevent them, and address any pain or discomfort you may be having. The wellbeing of our patients is important to us, no matter what season we're in!

STAFF SPOTLIGHT

BRADEN BENNETT
PT, DPT



Braden Bennett was born and raised in Malad City, Idaho. He received his Bachelors from Southern Utah University in Exercise Physiology in 2019. He went on to get his Doctorate of Physical Therapy from Touro University Nevada and graduated June of 2022. Braden enjoyed playing sports growing up and had many injuries while playing. Physical Therapy was a big part of helping him at those times. He has the same desire to help others overcome any injuries they have so that they can enjoy doing the things they love the most. In his free time Braden enjoys spending time with his wife and two children, watching/playing sports, hunting, fishing, and being outdoors.

WE WANT TO HEAR YOUR SUCCESS STORY!

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REVIEWS

www.EllisPhysicalTherapy.com



EXERCISE ESSENTIALS

SINGLE LEG BALANCE TAPS, FORWARD

Use this exercise to improve your balance.

Start by standing on one leg with the other leg slightly off the ground. Slowly tap your raised foot in front of you and behind you while maintaining balance. Repeat 3 sets, 10 reps each.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HEALTHY RECIPE

OVERNIGHT PUMPKIN PIE OATMEAL

- cooking spray, butter or coconut oil
- 1 cup steel-cut oats*
- 2½ cups water
- 1½ cups unsweetened almond milk
- 1 cup pumpkin puree
- 3 tbsp maple syrup
- 1 tsp vanilla
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon
- ¼ tsp salt



Coat your slow cooker with cooking spray, butter or coconut oil. Add all the ingredients into slow cooker and mix well. Cook on low for 6-8 hours. If you have a programmable slow cooker, set it to cook on low for 7 hours and then switch to warm. In the morning, give the oats a good stir as the oats will settle to the bottom. Portion into a bowl to serve. Optional: top with chopped pecans, maple syrup and almond milk.

*Don't substitute quick or regular oats as they will not stand up to the long cooking time.
Source: <https://www.eatingbirdfood.com/slow-cooker-pumpkin-pie-oatmeal>

ELLIS PHYSICAL



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Office Hours:
Mon. & Wed: 7 AM - 7 PM
Tues. & Thurs: 8 AM - 6 PM
Fri: 7 AM - 6 PM
Closed: Sat - Sun