



## COMPREHENSIVE FALL PREVENTION AT MSK CENTRE

Did you know that falls are a leading cause of injury and hospitalization for older adults in Canada? A fall-related injury can dramatically impact your quality of life, making it difficult to stay mobile and active.

Fortunately, there are things you can do to reduce your fall risk. MSK Centre's personalized fall prevention training will help improve your physical balance and stability and give you the confidence to live an active, healthy lifestyle, even into old age.

Ready to get started with your own fall prevention plan? Schedule an appointment with us today!

### UNDERSTANDING YOUR FALL RISK

Everyone's fall risk is different. No single factor determines your likelihood of a fall; instead, it's a complex blend of age, lifestyle choices, and health conditions. The more of these factors apply to you, the more likely you are to fall.

Which items on this fall risk list apply to you or a loved one?

- Advanced age (65 years or older)
- Being female (women are more likely to suffer falls than men)
- Joint pain, including from arthritis
- Spells of dizziness or vertigo (a spinning sensation)
- Decline in vision or hearing
- Sedentary lifestyle
- Impaired balance or gait
- Weakness in the lower body

- Use of medications that can cause dizziness or balance issues
- Neurological disorders such as Parkinson's disease or Alzheimer's
- Stroke survivor
- A history of falls

If you think you might be at a high risk of falling, don't get scared—give us a call! Our team of physiotherapists can assess your fall risk and provide you with a customized fall prevention plan that can lower the likelihood of a fall-related injury.

### WHAT'S INCLUDED IN A FALL PREVENTION PROGRAM?

Our fall prevention plans will address your specific fall risks. For example, someone who suffers from regular vertigo attacks would benefit from vestibular therapy to address that issue. Meanwhile, someone with Parkinson's disease doesn't necessarily need to worry about vertigo but does need to address an impaired posture, balance, and gait.

Our physiotherapists will work with you to decide which specific treatment options will be the right choice for your personal fall prevention plan. That said, there are some commonalities. Here are a few of the techniques we typically include:

- **Pain Management:** Joint pain can inhibit mobility, resulting in a sedentary lifestyle and increased fall risk. If you suffer from pain, we'll work with you to manage it safely and effectively. We offer several pain management options:
  - ◇ **Manual therapy:** A group of hands-on techniques that manipulate the joints and soft tissue

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# BACKPACK SAFETY

## Backpack Strategies for Parents and Students

Aching backs and shoulders? Tingling arms? Weakened muscles? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the correct way to avoid health problems.

### Loading the backpack:

- A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 100 pounds shouldn't wear a loaded school backpack heavier than about 10 pounds.

- Load heaviest items closest to the child's back (the back of the pack).

- Arrange books and materials so they won't slide around in the backpack.

- Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.

- If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack.

- If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.

### Wearing the backpack:

- Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.

- Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.

- Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.

- Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.

- The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.

- School backpacks come in different sizes for different ages. Choose the right size pack for your child as well as one with enough room for necessary school items.

- Only put items in your backpack that you need for the day.



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- ◇ **Shockwave therapy:** A physiotherapy modality that uses sound waves to reduce pain and promote blood circulation

- ◇ **Dry needling:** A physiotherapy technique that uses needles to break up trigger points in your soft tissue

- **Vestibular Rehabilitation:** Your body's vestibular system, located in the inner ear, helps your body understand where it is in space. If something impairs that system, it can lead to balance problems, dizziness, and vertigo. Vestibular rehabilitation focuses specifically on addressing vestibular impairments using various techniques:

- ◇ **Habituation Exercises:** Specialized training that helps reduce the severity of vertigo symptoms

- ◇ **Gaze Stabilization Exercises:** Techniques that address issues with gaze and eye movement that can lead to balance problems

- ◇ **Functional Retraining:** Strategies to help you incorporate vestibular exercises into your daily life.

- **Balance Training:** Balance training is the foundation of fall prevention. We'll guide you through specialized exercises that challenge your balance in a safe, monitored environment—ensuring you see improvements over time.

- **Strength Training:** One reason older people are at an increased risk of falling is that they lose muscle mass as they age, making it more challenging to move around. We'll prepare a strength training program appropriate to your ability level and help you restore some of that lost muscle mass.

- **Gait Training:** This technique focuses on improving your walking patterns. Certain conditions (such as Parkinson's disease or stroke) can severely change your gait, and addressing those impairments can reduce your chances of falling.

- **Regular Exercise Program:** Staying active plays a significant role in keeping you from a fall. We'll suggest an exercise program that suits your needs and abilities, such as a simple walking regimen.

## NO MORE FEAR OF FALLING: CALL US TODAY!

A dedicated fall prevention plan from MSK Centre can give you the confidence to age healthfully, no matter your fall risk. Call us today to schedule an appointment for your initial consultation!



CALL 855.428.2013 OR VISIT [WWW.MSKCENTRE.CA](http://WWW.MSKCENTRE.CA) FOR MORE INFO

## STAFF SPOTLIGHT



### JORDAN FAVEZ (BKIN (HON), M.SC.PT)

Jordan graduated from Brock University with a Bachelor of Kinesiology in 2017 where he also worked as a student athletic therapist for 2 years and trained under a CATA hall of fame athletic therapist. He then went to Manchester, England to obtain his Master of Science in Physiotherapy in 2020 where he became class representative and had the opportunity to train in a variety of settings including the ICU, long-term care facilities, and patient's homes. Jordan has experience in treating a wide variety of patients and is most interested in helping patients achieve their goals and beyond. He has a keen interest in the biomechanics of movement as it's related to exercise and applies this to his practice.

Beyond physiotherapy, Jordan has many interests some of which include cooking, traveling, stand-up comedy, and weight training.



## HEALTHY RECIPE

### Arugula, Grape, and Sunflower Seed Salad

#### Ingredients

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

#### Directions

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

## SUCCESS STORIES

I initially saw Alexandra with a shoulder injury in March. She was so friendly and professional and did a great job of assessing my injury. Unfortunately she had to take a leave of absence right after I saw her.

At my next appointment I met Vito. Right away I felt very comfortable and cared for as his patient.

Vito is so very friendly, professional, patient, attentive, knowledgeable and positive. I've seen other physiotherapists in the past and did not have the same experience. When I saw Vito he was completely focused on me and my care not like others I've seen that have been chatting and joking with their co-workers while 'treating' me. He makes sure you are doing your exercises properly and gives you modifications to help you. He has a way of encouraging you to do your exercises such that you WANT to faithfully do them. He puts so much care and effort into his work that you want to improve to please him and that is a win win situation.

Vito is not only skilled in physiotherapy but also deeply committed to his patients' well-being. I am extremely grateful for your help in my recovery. Vito you are a real gem.

-Bernice G.



## CONTACT MSK!

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

855.428.2013

Or request an appointment online at

[www.mskcentre.ca](http://www.mskcentre.ca)

# CONCUSSIONS AND FALL SPORTS

Are you looking forward to participating in this season's sports? Fall has a lot to offer when it comes to physical activity, and at MSK Centre, it is our goal to ensure you that you're safe and healthy this season.

Concussions can be a big concern when it comes to sports such as football, soccer, and field hockey. If you develop a concussion this season, know that the physiotherapists at MSK Centre can help.

Concussions are a type of brain injury caused by a force/hit or sudden acceleration and deceleration to the head, neck or body. Concussions can impair your physical and mental capacities for an extended period of time.

They can also cause a variety of unpleasant effects, including:

- Inability to focus
- Fatigue
- Dizziness
- Memory loss and confusion
- Nausea and vomiting
- Slurring of speech
- Painful and chronic headaches/migraines
- Sensitivity to light and sound
- Ringing in the ears
- Visual abnormalities

Fortunately, our physiotherapist/chiropractor can help provide recovery and relaxation to those with concussions! You don't have to figure out a recovery plan on your own, MSK Centre is here to help you make your way back to feeling your best.

There are specific tests and treatments that your physiotherapist/chiropractor can guide you through to get you safely back into practice and games. To name a few:

- Exercise therapy
- Manual therapy
- Neck rehabilitation
- Vestibular rehabilitation
- Visual rehabilitation

Our physiotherapists and chiropractors are committed to assisting you in recovering from a concussion. We are experts who are skilled in concussion management and can help you to feel your best in no time. Rest assured that at MSK Centre, you're 100% supported in your journey to getting better this fall!

## TYPES OF CONCUSSIONS

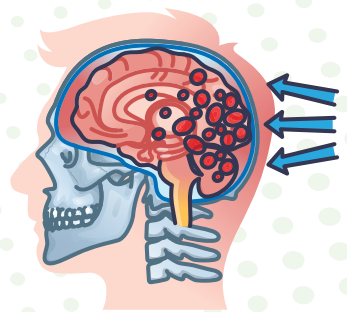
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