



PhysioWorks

N E W S L E T T E R



FIGHT THE FALL WHILE ON THE JOB
ELIMINATE YOUR RISK OF FALLING TODAY

Physical Therapy
Occupational Therapy

Work Conditioning
Work Hardening
On-Site Worker Treatments

Hand Therapy
FCE



FIGHT THE FALL WHILE ON THE JOB

ELIMINATE YOUR RISK OF FALLING TODAY

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time? Have you suffered from a fall in the past? Are you worried that you may be at risk of falling on the job? At PhysioWorks, our team will address your concerns and help you regain your confidence!

In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about working on their balance until it is too late. The good news is that you can easily prevent most falls with guidance from a physical therapist.

Falls are a significant concern for many. Even without an injury, a fall can cause a loss of confidence and reduce a person's ability to carry on with daily activities. If you have recently sustained a

balance-related injury, it is essential to seek the help of a physical therapist immediately to avoid additional injuries in the future.

Our team will give you the tools to recover from a recent fall and help you to prevent future work-related fall injuries. Call PhysioWorks today for an appointment, and let us help you get stronger and more confident so you can perform at your highest level!

ARE YOU AT RISK OF FALLING ON THE JOB?

Some people have a higher risk of falling than others, and a combination of factors causes most falls. The type of job you have can undoubtedly affect your risk of falling.

(Continued inside)

HOW PHYSICAL THERAPY HELPS YOUR BACK PAIN

Some people have a higher risk of falling than others, and a combination of factors causes most falls. The type of job you have can undoubtedly affect your risk of falling.

The more risk factors a person has, the greater their chances of falling. The most common risk factors include:

- Advanced age
- Dizziness or vertigo ("spinning" sensations, even when remaining still)
- Vision problems
- Working a job that requires you to be high up in the air (construction, painting, etc.)
- Impaired balance and gait control (whether age-related or due to illness)
- Muscle weakness and reduced physical fitness due to a sedentary lifestyle
- Neurological disorders (i.e., Parkinson's disease and Alzheimer's)
- Cardiovascular disease (i.e., heart attack, stroke, PAD)
- Cognitive impairments
- Depression
- Acute and chronic illnesses
- Previous history of falls

TYPES OF INJURIES

There are several specific causes and types of work injuries. Two of the most common injuries from a nasty fall include:

Sprains and strains: Sprains and strains can occur throughout the body, affecting the tendons and ligaments. These can occur from trauma, such as falling off a ladder, or repetitive motions. They can

also occur as a result of improper use of equipment. Whatever the case may be, physical therapy at PhysioWorks can help you reduce or even eliminate the pain from an injured tendon or ligament.

Back pain: Back pain is the most commonly reported work-related source of pain, and several work-related activities can cause it. For example, long periods of inactivity, such as sitting at a desk all day, can lead to back pain. Conversely, too much force on your back, such as repeatedly lifting heavy items with the wrong body mechanics, can also lead to back pain. Back injuries are typically caused by rotating or twisting the back incorrectly, especially when lifting. Still, they can also occur after falling and landing directly on your back or in a position that compromises your spine.

STAY ON YOUR FEET WITH PHYSICAL THERAPY

Our physical therapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation, mobility, strength, and a balance assessment to identify all the factors contributing to the injury.

<https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>, <https://www.bmj.com/content/347/bmj.f6234>, <https://bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-019-1359-9>, <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-020-01041-3>



We take most medical insurances!

Call **253.867.5759** to schedule a consultation with your physical therapist at Physioworks today!

EXERCISE ESSENTIALS

BIRD DOG 4-POINT ARM & LEG RAISE

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Repeat 10 times and then repeat this exercise with the opposite arm and leg. To build stability, this exercise can first be performed using only the arm or leg, and the opposing arm or leg can be added once ready for progression.



REFER -A- FRIEND!

We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at PhysioWorks is to leave a greater impact on the communities around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our communities.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!

253.867.5759

SHARE YOUR PATIENT SUCCESS STORY WITH US! LEAVE A GOOGLE REVIEW TODAY!

WHAT TO EXPECT

We play a leading role in preventing, reversing, and managing injuries that are old and new. Every program is designed based on your individual needs. We use objective measurements to determine the severity of your injuries and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and prevent future injuries from occurring.

Pain management: Your physical therapist will work with you on relieving pain first before continuing any other forms of physical activity.

Balance training: Balance is a large part of fall prevention, as lack of stability is one of the main reasons falls occur. Your physical therapist will design a balance training plan for you as part of your treatment.

Strength training: Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement.

Your physical therapist will then incorporate task-specific treatments with a safe and effective progression to assist you in a safe return to daily activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

SUCCESS STORY

"Absolutely love that you can get more than one service at this clinic! It's a one shop stop! I have been seen here for chiropractic physical therapy and massage therapy. The receptionists are amazing on working around your schedule and availability. I have been seen by most of the physical therapists including Alona, Ashley, Ally, Kelli and Carl they all have their own way of providing treatment but all of it is efficient and it works! Went from being in a cast to now being able to walk with no assistance. I absolutely enjoy getting my adjustments from Dr. Sanchez getting your bones cracked is always nerve-racking but he has a way of making you feel very comfortable. Overall I am super happy that I came across this place." - **Cristal H.**



DO YOU HAVE A SUCCESS STORY WITH US?



We Make It Easy To Leave A Review!

1. Use the camera app on your phone to scan the QR code.
2. This will take you directly to our Google Reviews page.
3. Let us know how we did and tell us your story!



COME BACK TO PHYSICAL THERAPY!

Call our Kent office at **253.867.5759**
OR Silverdale/Bremerton office
at **360.516.1210** to book your
appointment today!

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CALL 253.867.5759 TO SCHEDULE YOUR APPOINTMENT WITH A PHYSICAL THERAPIST TODAY