



“More than one third of adults ages 65 and older fall each year in the United States”

Why Physical Therapy is Important in Fall Prevention

Physical therapists have so much to offer in the way of falls prevention and risk reduction. Recent research has revealed that in addition to lessening the rate of falls, prevention exercises and physical therapy also reduced the severity of injury when falls do occur.

After assessing an individual for his or her risk of falls, we develop an individualized program based on his or her specific needs. Some patients may only need to improve their walking ability and balance, which can be achieved through coordination activities. Other patients are more complex due to multiple health issues, taking several medications, or having vision problems. In these cases, a combination of balance exercises and strength training are necessary. To keep seniors active and safe, we encourage them to seek the advice of a physical therapist to reduce their risk of falls through balance and strength training, among other programs.

Research also shows that a combined effect of many interacting factors increases fall risk. Age is one risk factor for falls, but does not have to be accepted as a normal consequence of aging. People who are older than 80 years do have a higher risk of falls than those who are younger. According to the Centers for Disease Control and Prevention, more than one third of adults ages 65 and older fall each year in the United States. Falls are the leading cause of deaths due to injuries and the most common cause of nonfatal injuries and hospital admissions for trauma for the aging population.

Employee Spotlight



Bill Thompson, PTA, Physical Therapy Assistant has been working in our outpatient clinics in the Leechburg / Allegheny Township area since 2000. In 2010, Bill began to assist patients in their homes, which has provided wonderful continuity between our facilities and our outpatient care.

Bill earned a Degree in Science in the Physical Therapy Assistant program and an Associates Degree in General Studies from the Community College of Allegheny County, Monroeville.

He resides in Vandergrift with his wife who is the owner of Hair Factory by Lana. In his spare time he enjoys the outdoors and loves to go hunting, fishing, and camping.

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Services Offered:

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- Occupational Therapy
- Speech Therapy
- Medical Social Work
- Skilled Nursing

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Treating Dizziness & Vertigo using Physical Therapy

January 22, Monday at Noon

- Valley Points Family YMCA

New Ken Branch, 800 Constitution Blvd., New Kensington, 15068

January 23, Tuesday at 11:30 AM

- Valley Points Family YMCA,

Kiski Valley Branch, 511 Hyde Park Rd, Leechburg, 15656

March 13, Tuesday at 6:00 PM

- Plum Community Center

499 Center New Texas Rd, Plum Boro, 15239



Are You Considering a Total Joint Replacement?

April 17, Tuesday at 6:00 PM

- 3160 Kipp Ave.

Lower Burrell, 15068



Treatment Options for Hand & Thumb Arthritis

June 12, Tuesday at 6:00 PM

- 1020 Village Center Drive

Suite N2D, Pittsburgh Mills, Tarentum, 15084



Are You Considering a Total Joint Replacement?

September 18, Tuesday at 6:00 PM

- 1001 S. Leechburg Hill Road

Leechburg, 15656



Treat Your Own Back

November 13, Tuesday at 6:00 PM

- 111 Sherman Ave.

Vandergrift, 15690

To register, call: **724-337-6522**

or email:

administration@westarmtherapy.com

Light refreshments provided & free parking

These will be presented by our licensed **Physical & Occupational Therapists,**
Registered Nurses & local Orthopedic Surgeons.

