

The Otago Exercise Program: A Program to Reduce Falls

Medicare and Insurance will pay for this program with your Doctor's prescription.

Creative Therapy is now offering the CDC-recommended Otago Exercise Program to Reduce Falls. The Otago Program is an individually tailored balance, strength, and walking program that is delivered over the course of 12 months.

The Centers for Disease Control (CDC) recommends this specific program as it has been shown to reduce falls by 35%. The therapists at Creative Therapy have received special training in the delivery of the Otago Program.

The Otago Program consists of 12 visits spread over 12 months:

- The first visit includes the initial fall risk assessment which tests blood pressure, medical status, range of motion, strength, and balance. The results are compared to normal scores for age and known risk factors for falling. You will then receive information to decrease risks in your home, minimize side-effects of medications, and your therapist will discuss ways to immediately improve your safety.
- Three additional sessions are scheduled the first month. The program is divided into strengthening exercises, balance retraining, and walking. The therapist will monitor your response to the exercises and teach you the Otago Home Program.
- One session is scheduled every 4-6 weeks over the next 11 months to progress your home program and recheck your fall risk.

Benefits of the Otago Program include decreased risk of falling; improved strength; increased ability to climb stairs; increased ease of standing from chairs; and improved balance.

Call 847-390-0999 today to get started!



Improve Your Balance & Relieve the Fear of Falling

Poor balance and a fear of falling can keep you from being active, resulting in a wide range of health problems. In 2000, the total direct medical costs of fall injuries for people aged 65 and older was 19.2 billion dollars. This would equal 28.2 billion dollars in 2010, and two thirds of those were hospital costs. More than 30% of people aged 65 and older who live in the community fall each year. This incidence increases to 50% for those aged 80 and older. By restoring your balance, confidence and mobility, we keep you active. We offer both vestibular rehabilitation and balance re-training. These successful treatments for dizziness and balance problems have helped many patients feel more confident, improve their safety and return to an independent active lifestyle.

At CTR, we have the experience and expert training for dizziness and balance problems as well as a specialized program to prevent falls. Our therapists provide focused treatments that improve your balance, stability and walking. Feel more stable, secure and sure-footed. Call us today to get back to living the life you deserve.

Benefits From Balance Therapy...

The Centers for Disease Control have found that an ongoing, specific program of strength and balance training supervised by a physical therapist can reduce the risk of falls by over 30%. Don't we all want ourselves, and those we love, to be safe and independent? We can help- call us today!

**Creative Therapy
Resource, Ltd.**

*The advanced training you need.
The personal attention you deserve.*

CTR Offers Effective Treatment For:

- ✓ Balance problems
- ✓ Vertigo
- ✓ Fear of Falling
- ✓ Arthritis and stiffness
- ✓ Difficulty walking
- ✓ Spinning sensations
- ✓ Dizziness



Patient Results

Feeling better than ever!

"I had fallen several times and was afraid to go out on my own. My daughter and I spoke to my doctor and he recommended therapy at CTR. I was so happy with the progression of exercises and balance activities that they taught me. I gained strength and confidence and continue on my own with a home program. I look forward to seeing them periodically to make sure I stay on track. Thank you for improving my confidence and helping me to be active again. Now I go out almost every day with my friends without fear." J.C.

The therapy was wonderful!

"I have 3 young kids and I am running all over the place all the time. One day I got so nauseous and dizzy in the grocery store I had to leave. When it didn't go away, I went to the doctor who sent me to an ENT and neurologist. They told me I had a vestibular problem. I went to Creative Therapy and started doing all the exercises. They were hard but I started feeling better after a couple days. It took about a month but now I am symptom-free and back to running all over. The vestibular rehab really worked." C.S.



CTR Helps You:

- Relieve your pain
- Increase your strength
- Be more active again
- Restore your flexibility
- Have more energy
- Feel healthier
- Walk and move better

Why Choose CTR?

- Expertly trained therapists
- Focused on achieving fast results
- We take the time to listen to you
- We spend time educating you on your problem and how to solve it
- Friendly, courteous staff
- On time appointments
- Doctor recommended
- Experts in neck, back, vestibular, balance and orthopedic care

We gladly accept most insurances, providing a great LOW COST SOLUTION to restore your pain-free movement!

Call Today!

**Des Plaines:
847-390-0999**

**Riverwoods:
847-520-9038**

www.MyCreativePT.net

Creative Therapy Resource and VEDA (The Vestibular Disorder Association) have partnered to promote

Balance Awareness Month *to Defeat Dizziness and Prevent Falls*

We're raising awareness by encouraging everyone to **Get Your Balance Score**

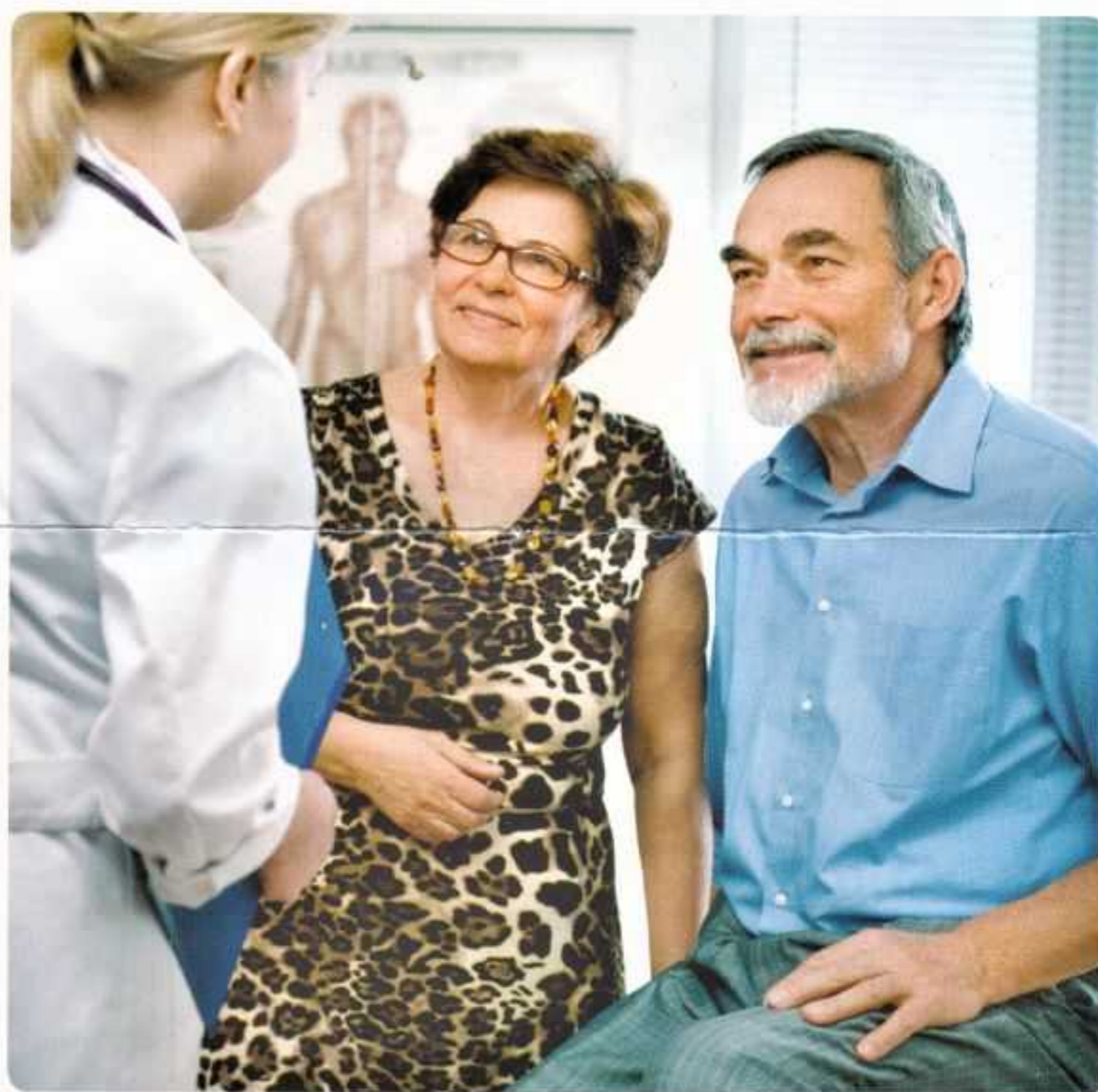
Protect yourself and your loved ones from falls by completing our

Fall Prevention Balance Test

Our test normally costs \$135 but we are discounting it during Balance Awareness Month to **\$79.99**. **Insurance including Medicare will pay for the cost of the Fall Prevention Balance Test with a doctor's prescription.**

Our test takes an hour and at the conclusion you will receive:

- A written analysis of all aspects of your balance including comparison to others in your age range
- Your risk of falling expressed as a percentage
- Suggestions on how to improve your balance
- Information on common hazards in the home and how to correct them
- A report you can give your doctor that is more technical and provides your physician with references and recommendations
- We will keep your score in your medical record so that you can re-test in the future to monitor your balance



Call 847-390-0999 to schedule your Fall Prevention Balance Test. No doctor prescription is required.

**Creative Therapy
Resource, Ltd.**



Who do you know that needs our help?

CARE to SHARE

If you know someone suffering with aches and pains "Care to Share" and give them this newsletter or send them directly to Creative Therapy Resource. They will thank you and so will we!



Exercise Essentials

Try these simple exercises to keep your body strong and flexible...

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

KNEE EXTENSION STRETCH

While sitting, tighten your top thigh muscle to press the back of your knee downward towards the ground.



ANKLE STRETCH WITH BELT

Sit with your leg straight out in front of you. Wrap a long towel around the ball of your foot holding both ends of the towel. Pull the towel towards yourself while keeping your knee straight.



STANDING HIP ABDUCTION

Stand with good posture. Use one hand for support. Point toes out to the side. Lift your leg out to the side and behind. (8 o'clock on the left, 4 o'clock on the right). Return to the start position with control.



SITTING KNEE EXTENSION

Sit in a chair with good posture. Straighten one knee. Repeat with other knee.



Exercises copyright of



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SHARE

Please share these exercises with friends and family members to help them stay healthy and free from pain.

SAVE

Save these in a place where you can easily use them as needed. Watch for more exercises in our next issue.

Creative Therapy Resource, Ltd.

CALL TODAY!

DES PLAINES: 847-390-0999

RIVERWOODS: 847-520-9038

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