

Risk Factors For Falls

- Lower body weakness
- Difficulties with gait & balance
- Use of psychoactive medications
- Postural dizziness
- Poor vision
- Problems with feet and/or shoes
- Home hazards

Risk Factors For Osteoporosis

- Women over age of 51
- Family history
- Petite and thin
- Rheumatoid arthritis
- Smoker
- Alcohol intake
- Certain Medications (steroids)



Snyder Physical Therapy & Sports Rehabilitation

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Clinic Hours

M-Thur: 7:00 am— 7:00 pm
Friday: 7:00 am—6:00 pm



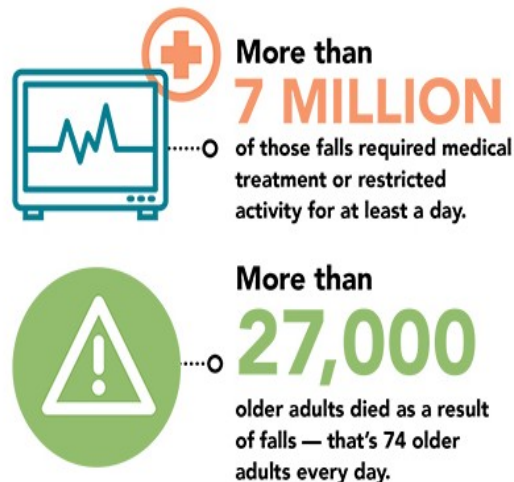
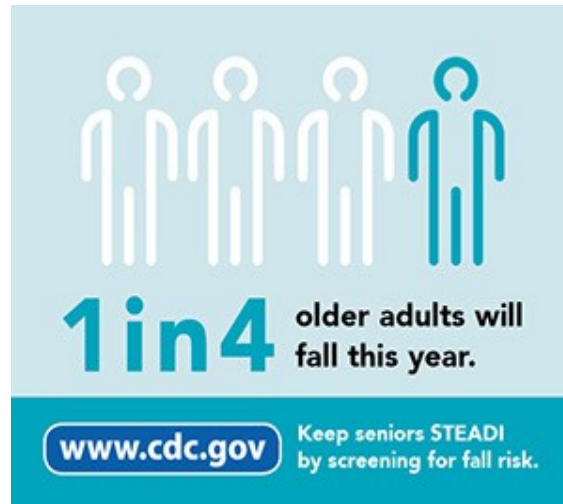
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Osteoporosis & Balance Program



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Falls and osteoporosis are a major threat to the aging population. Osteoporosis and low bone mineral density (BMD) affect 54 million Americans (60% of people over the age of 50). Those with osteoporosis and low BMD are at increased risk of traumatic and non-traumatic fractures. 1 in 2 women and 1 in 4 men age 50 and older will have an osteoporosis-related fracture in their remaining lifetime. This group is very susceptible to fractures if they fall. 1 in 4 people over the age of 65 fall each year. Every 20 minutes an older adult dies from a fall and 1 in 5 falls causes a serious injury such as a head trauma or fracture. Almost 2.8 million older adults are treated in emergency departments for nonfatal fall injuries each year.



Snyder Physical Therapy & Sports Rehabilitation is using an evidence based program to properly evaluate and treat this population. The treatment program uses recommendations and guidelines from the National Osteoporosis Foundation, the American College of Sports Medicine, and the Center for Disease Control. Each client will be evaluated by a licensed Physical Therapist and an individualized program will be designed by the Physical Therapist.

