

Monthly Calendar

July 4th: Independence Day

Meet the Staff...



Chris Fussell, DPT

Education:

Doctorate of Physical Therapy
University of South Florida (09)

Bachelor of Science in Exercise
Science -
Florida State University

Hobbies:

Volleyball, triathlons, golf, disc
golf

Memberships:

USA Triathlon

Cool off with Watermelon-Lemonade



Ingredients

- 15 cups seeded & cubed watermelon
- 2 (12-ounce) cans frozen lemonade concentrate, thawed
- 2 mint sprigs
- Ice

Preparation

Process watermelon in a blender or food processor until smooth.

Combine concentrate and 2 mint sprigs, and cook in a saucepan over medium-high heat 10 minutes. Stir together watermelon puree and lemonade mixture; cover and chill 8 hours. Remove and discard mint. Stir and serve over ice. Garnish, if desired.

Help, I've fallen and I can't get up!

Falls are a common occurrence in adults 70 years and older. Studies have shown that three in ten senior citizens fall each year. Many of those can suffer major injuries such as a broken hips or head wounds. It is important that you take measures to protect yourself and your loved ones against these preventable injuries by noticing and treating risk factors.

There are many risk factors that can cause a senior citizen to fall. Both, medical and physical conditions need to be considered. For example, you may be at risk if you have one of the following medical conditions: vision impairment, heart disease, stroke, arthritis, dizziness, etc. Research has also shown that seniors who are less active are more likely to fall, because they lack the strength and balance they need to resist falls. This is why health care professionals recommend starting a regular exercise routine of any kind.

Here are several suggestions to begin reducing your risks:

1. **Make an appointment with you Doctor-** discuss your medications and side effects and your current medical conditions.
2. **Keep Moving-** Try gentle exercises: walking, water workouts; such activities reduce your risk of falls

by improving your strength, balance, coordination and flexibility. Visit a Physical Therapist to improve balance and gait, strength and stamina, and reflexes.

3. **Wear sensible shoes-** Make sure your shoes fit properly, visit a shoe store that can measure your foot and recommend a good fit. Also, make sure your shoes have non-slip soles.

4. **Prepare your home-** Remove home hazards and any obstacle that may be in your path; Electrical Cords, loose rugs, or home decorations should be put away and out of walking areas. Add lighting, make sure rooms are well lit so obstacles can be avoided. Use assisting devices such as stair rails and handrails.

If you are unsure if physical therapy is appropriate for you, FREE consultations are available at Dutch PT offices. A copy of the patient assessment is sent to the Physician to offer physical therapy as a potential solution. For more information on this subject or on Dutch Physical therapy, please visit our web site, www.DutchPT.com.

