

**N E W S L E T T E R**

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



**WE'RE OPEN!**

# PT CAN REDUCE YOUR RISK OF A FALL-RELATED INJURY

**ALSO INSIDE** HOW CAN PT HELP RELIEVE SCIATICA PAIN  
HEALTHY RECIPE

# N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS

## PT CAN REDUCE YOUR RISK OF A FALL-RELATED INJURY

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? At Atlanta Human Performance Center, 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 Doctor of Physical Therapy.

Falls are a significant concern for seniors, and 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 important to seek the help of a Doctor of Physical Therapy immediately to avoid additional injuries in the future.

Our team will give you the tools to recover from a recent fall or avoid additional injuries in the future. Call Atlanta Human Performance Center today for an appointment, and let us help you get stronger and more confident so you can do the things you enjoy!

### ARE YOU AT RISK OF FALLING?

Some people have a higher risk of falling than others, and a combination of factors causes most falls. 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
- 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

Your Doctor of Physical Therapy will assess your medical history to determine how many risk factors toward falling you may have. They will educate you on what these factors mean, as well as steps you can take to decrease your risk.

### PHYSICAL THERAPY CAN KEEP YOU ON YOUR FEET

Our Doctors of Physical Therapy 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. This will consist of a thorough history to understand more about the demands on the body, how many risk factors you may have, and your overall health status.

In addition, we will include a review of your fall history and fear of falling, as well as identifying any home hazards/environmental factors that may contribute to your fall risk. We will use this information to

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit [www.ahpcpt.com](http://www.ahpcpt.com).

**ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!**

# IT'S TIME TO SPRING FORWARD, NOT FALL BACK!

develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques for the individual.

## WHAT TO EXPECT IN PHYSICAL THERAPY

The good news is that you can prevent most falls. The key is to get guidance from your therapist, who will teach you the correct exercises to improve your balance.

Our recommendations aim to reduce your risk of falling, but they will also aid you in improving coordination, strength, flexibility, and overall movement.

Some common aspects of treatment include:

**Pain management.** Your Doctor of Physical Therapy 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 Doctor of Physical Therapy will design a balance training plan for you as part of your treatment.

**Strength training.** Your Doctor of Physical Therapy will design a

strength training plan for you, which will focus on specific muscle groups in need of improvement.

Your Doctor of Physical Therapy 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!

## CALL OUR CLINIC FOR HELP TODAY

Exercise is one of the most effective treatment methods for patients with an increased risk of falling. Our team will help guide you through the steps you need to regain your confidence and reclaim your life.

Contact Atlanta Human Performance Center to schedule a consultation and get started today!



## Who Do You Know That Needs Physical Therapy?

### *Do You Have Friends Or Family That Cannot:*

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!



## KACHUMBER SALAD (INDIAN SALAD)

- 1 small onion finely chopped
- 1/4 cup (4g) packed chopped cilantro
- 2 medium tomatoes chopped small
- 1/4 tsp (0.25 tsp) or more salt
- 1 large cucumber chopped small
- 1/4 tsp (0.25 tsp) or more freshly ground black pepper
- 4-5 (4 to 5) red radishes chopped small (optional)
- 1/4 tsp (0.25 tsp) or more cayenne pure red chili powder
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1 tsp or more freshly squeezed lime or lemon juice

Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.



IF YOU'RE INTERESTED IN THERAPY OR FITNESS, VISIT [WWW.AHPCPT.COM](http://WWW.AHPCPT.COM) OR CALL US TO SCHEDULE YOUR APPOINTMENT WITH ATLANTA HUMAN PERFORMANCE CENTER TODAY!

# HEALTHY GRILLING FOR SPRING

## MAIN DISHES

Instead of greasy burgers, brats and hot dogs, try ...

- Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleocanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.
- Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

## CONDIMENTS

Instead of ketchup (which packs 2 teaspoons of sugar per tablespoon) or mayo (which is relatively high in unhealthy fat), try ...

- Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients. Olive oil-based pesto or sundried tomato spread. All three ingredients — olive oil, basil, and sundried tomatoes — are loaded with anti-inflammatory properties.

## SIDE DISHES

Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try ...

- Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.
- Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil.



# OUR SERVICES

- Physical Therapy
- Massage Therapy
- Sports Therapy
- Dry Needling
- Fitness & Wellness Center

## HAS YOUR PAIN COME BACK?

- 1 Feel free to call us and ask to speak to your therapist.
- 2 Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.
- 3 If further assessment is warranted, your therapist might recommend you come in for an appointment.

## OUR PATIENTS LOVE US!

"I would like to say "Thank you so much" to Dr. Evans and his wonderful staff for helping to improve my quality of life. What a blessing! I had a total right knee replacement in May 2019. I started physical therapy with Dr. Evans three days after surgery. I was provided exercises that increased the flexibility and strength in my knees and legs. Dr. Evans had me riding the bicycle within the first week of therapy. This really boosted my confidence in my ability to get back to walking with a "normal" gait and no pain. The staff was very caring, kind, patient, encouraging and knowledgeable. This staff functioned as a team to assure that clients received adequate care in a timely, dedicated and professional manner. I also enjoyed the atmosphere of soothing and relaxing music being played during the physical therapy sessions. After two months of therapy I am walking again with no support, no pain and no problems."

- 5 Star Google Review

Have you been loving Atlanta Human Performance Center? We would love to hear! Visit us on Google to leave us a review!



[www.ahpct.com](http://www.ahpct.com)



## PHYSICAL THERAPY TIPS

With Dr. Keith E. Evans, MD, PT, DPT, DN CERT. CEO/Director of Atlanta Human Performance Center

## Spring and Summer Exercise Tips

- Run/jog/exercise outdoors early or late to avoid peak temperatures
- Hydrate with 8 ounces of water every 15 minutes of exercise
- Start your summer program slow and then progress slowly to your goal
- Check your gear
  - Good shoes and socks
  - Appropriate clothing for exercise and environment
  - Work out with a water bottle
- Hydration is paramount to avoid heatstroke
- Remember, alcohol, and caffeine are diuretics that can accelerate dehydration
- Don't forget to apply SPF 30 or greater sunscreen
- To improve balance and coordination get involved in line dancing, square dancing, and any other change in direction activity

