



SERC *Physical and Hand Therapy*

Returning Patients to the Speed of Life

Centralized Scheduling 913.384.1642 or 816.554.9559
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SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
 - spinal disorders
 - pre/post-op surgical disorders
 - repetitive stress disorders
 - hand and upper extremity injuries and disorders

CLINICS

Belton/Raymore
 Blue Ridge Tower
 Clinton
 Harrisonville
 KC North
 Kearney
 Lansing
 Lee's Summit
 Liberty
 Metro North
 Odessa
 Olathe
 Overland Park
 South Raytown
 Shawnee

IN THE CLINIC | Preventing Falls

At least half of the population in the United States will experience balance problems at some point in their lives, especially as they get older. Falls are the leading cause of death in adults 65 and older. However, loss of balance and mobility is not inevitable as we grow older. Falling is not a natural part of aging.

Medication is the number one risk factor for decreased balance. Balance problems can also be caused by a visual system disorder (eye muscle imbalance), a circulatory system disorder (low blood pressure), an inner ear problem, or musculoskeletal issues, such as muscle weakness or decreased flexibility, among other factors.

Physical therapy can help improve your standing and walking activities through strength, stretching and balance exercises. We can also help you train your vestibular (inner ear) system through specific exercises, as well as learn to coordinate your vision (or lack of vision) with your movement.

If you think you may have balance or orthopedic concerns, talk to your doctor. You can ask him or her for a referral to SERC Physical and Hand Therapy. Medicare will cover balance training and general physical therapy at all SERC locations. Let us help you get back to THE SPEED OF LIFE.



HOW CAN YOU HELP TO PREVENT FALLS?

- Remove throw rugs, ottomans, step stools, etc.
- Install grab bars for the toilet and shower, and use a shower seat
- Don't leave objects on the stairs, hold the handrails and take your time
- Take a minute before getting up to allow your blood pressure to normalize
- Wear shoes around the house, instead of socks or slippers
- Attach a small bell to your animal to alert you to their whereabouts
- Use an assistive device