

Exercise Home Safety Sample

ANKLE / FOOT - 15 Balance: Unilateral

Attempt to balance on left leg, eyes open. Hold 6 seconds. REPEAT WITH RIGHT FOOT AND HAVE A BED BEHIND YOU AND CHAIR IN FRONT OF YOU.

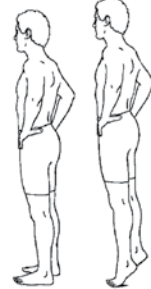


Repeat 5 times per set.
Do 1 sets per session.
Do 1 sessions per day.

 Perform exercise with eyes closed.

ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

Rise on balls of feet.



Repeat 30 times per set.
Do 1 sets per session.
Do 2 sessions per day.

ANKLE / FOOT - 22 Toe Raise (Standing)

Rock back on heels.



Repeat 30 times per set.
Do 1 sets per session.
Do 1 sessions per day.

HIP / KNEE - 54 Strengthening: Hip Abductor – Resisted



With band looped around both legs above knees, push thighs apart.
Repeat 30 times per set. Do 1 sets per session.
Do 2 sessions per day.

HIP / KNEE - 25 Strengthening: Wall Slide

Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Hold 5 seconds. Tighten thigh muscles and return.



Repeat 10 times per set.
Do 1 sets per session.
Do 2 sessions per day.

HAND - 57 Elbow Extension: Resisted

Sit in chair with resistive band secured at armrest and right elbow bent. REPEAT WITH THE LEFT. Straighten elbow.



Repeat 30 times per set.
Do 1 sets per session.
Do 1 sessions per day.

Outpatient Programs include:

- Dizziness and Fall Prevention
- Woman's Health and Incontinence
- Certified Hand Therapy
- Osteoporosis
- Neck and back pain
- Arthritis
- Neuropathy and Anodyne
- Neurologic
- Stroke
- Certified Lymphedema
- Diabetic Rehab
- Vestibular
- Total Joint Program
- Pre & Post Surgical
- Spine Program
- TMJ
- Workers Compensation
- FCE

PANTOPS PHYSICAL THERAPY & OCCUPATIONAL THERAPY

Personalized care that enables seniors to live safe at home

1490 Pantops Mountain Place
Suite 202
Charlottesville, VA 22911

Phone: (434) 245-6472

Fax: (434) 245-6474

Email: pantopsphysicaltherapy@yahoo.com

www.pantopsphysicaltherapy.com

PANTOPS PHYSICAL THERAPY & OCCUPATIONAL THERAPY
Personalized care that enables seniors to live safe at home

(434) 245-6472



Safe at Home

PANTOPS PHYSICAL THERAPY & OCCUPATIONAL THERAPY
Personalized care that enables seniors to live safe at home

Are you in need of our services?
Have you recently suffered a fall, stroke or broken bone?
Are you having trouble getting around your house?
Do you need to be fitted with an ambulatory aid?

Call today, (434) 245-6472

Safe at Home Assessment

The Safe at Home program is designed to improve the safety and quality of life of seniors living independently. Although the evaluation includes assessment of the home, particular attention is focused upon a thorough strength, balance and fall risk assessment. We believe this portion of the evaluation is crucial to safe, independent living. After all, to live safe at home, a senior must also be safe out of the home. Therefore, while our program includes home modification recommendations, the focus is on modifying the individual, not the home. In essence, we believe in combining individualized fall prevention exercises with research driven safety modifications. The plan will help create a safer, community dwelling senior. It will be established by a licensed physical or occupational therapist and may include the following:

- Evidence based fall risk assessment
- Instruction on proper gait and adaptive device use/recommendation
- Body mechanics training for safe transfers
- Education for caregivers regarding transfers and bathing
- Flooring and lighting evaluation and education
- Strength assessment
- Individualized exercise prescription
- If necessary, remodeling and renovation recommendations and point of contacts for coordination of project by a certified, local Aging in Place contractor

The result of the evaluation will be a prioritized list of recommendations (*see sample on following page*). The goal is to create an environment that instills confidence and minimizes the risk of falling. We aim to allow the participants to complete daily activities, both in their home and in their community, without a fear of falling. Ultimately, the goal is to be Safe at Home.



1490 Pantops Mountain Place, Suite 202
Charlottesville, VA 22911
Phone: (434) 245-6472
Fax: (434) 245-6474
pantopspysicaltherapy@yahoo.com

Safe at Home - Sample Report

A service provided by Pantops Physical Therapy & Occupational Therapy

Summary of Findings: Ms. Smith is living with her husband on 1 floor with 2 steps to enter her home. She has one rail on the outdoor stairs and a screen door before the main door. Inside, the home has multiple throw rugs and a dark hallway between bedroom and bathroom. The bath measures 24 inches high and there is no grab bar. She is unable to transfer to standing without upper extremities and her balance testing reveals an increased likelihood of a fall. Strength is functional and she is able to stand from the floor independently. She expresses concern that her husband's health is failing and he is becoming dependent upon her. Balance testing indicates an increased fall risk.

Primary Recommendations:

- 1 Remove all throw rugs
- 2 Improve lighting in halls and bedroom
- 3 Install second rail on outdoor stairs
- 4 Loosen spring or remove screen door as it creates an obstacle to enter the home
- 5 Instructed Ms. Smith in proper transfer technique with her husband
- 6 Grab bar in the bathroom

Secondary Recommendations:

- 1 Lower frequently used items to easily accessible shelves
- 2 Set up safe station for husband to dress/bathe independently
- 3 Strengthening exercises for improved balance
- 4 Arrange living room for clearer pathway

Future Considerations:

- 1 Bath may require mobile shower head
- 2 Wider entrances to accommodate possible wheelchair or walker

Next Steps (Check all that apply):

- ✓ Referral to physical therapy for fall prevention (call 245-6472)
- ✓ Home Exercise Program
- Referral to Occupational Therapy for assistance with activities of daily living (call 244-0069)
- Home health services required
- Durable medical equipment installation required (ie. Grab bars, ramp, walker, etc.)

Contacts and Phone Numbers:

Care Advantage Plus: Jeff	(434) 973-2000
My home for Life: Mark	(434) 977-6435
Jaba	(434) 817-5222

Performance Testing:

Vital Signs

Heart Rate: 86	Blood Pressure: 138/90	O2 Saturation: 99%
----------------	------------------------	--------------------

Balance Testing

Test	Result	Significance
Single Limb Stance	Left: 4 seconds Right: 8 seconds	Score less than 6 seconds equates to 2.5 times the fall risk
Get-Up-Go	41 seconds	Time >30 seconds correlates with difficulty completing daily activities

Mobility

Gait	Uses short, low steps with no assistive device. Grabs furniture
Stairs	Non-reciprocally, 1 rail
Transfers	Requires 1 arm to assist from chair, independent from bed