



ROAD TO RECOVERY AFTER OSTEOPOROSIS

In 2020, after reaching for flour in an overhead cabinet, Donna found herself lying on the floor in pain. She missed the last step of the stool and fractured her left arm. Luckily, Donna was able to receive virtual physical therapy and restored her mobility and strength.

Unfortunately, this recovered independence didn't last long. In 2023, as she was standing to put on her slippers, she fell and fractured her right arm.



73 year old woman with fractured arm from osteoporosis

"I accidentally stepped on the heel of one slipper with my other foot and down I went", Donna recalls, "It's a long road to recovery. I'm just now returning to my water aerobics class that I enjoy. I wasn't able to drive myself around or volunteer at the food pantry for several months. It really had me quite depressed."

Donna's primary care provider recommended she have a DEXA scan to see if she was experiencing increased bone loss, also known as osteoporosis. **Osteoporosis is a condition in which the loss of bone mass causes bones to be more apt to fracture, even without a fall.** In fact, spinal fractures or compression fractures often go undetected. A gradual loss in height or a hunched forward posture (kyphosis) are indications that bone loss has started to occur.

The National Osteoporosis Foundation recommends that women over the age of 65 and men over the age of 70 receive preventative screening to determine if bone loss is occurring. If already experiencing fractures, the screening age drops to age 50 for both men and women.

Physical therapy can help you prevent postural changes, falls, and teach you how to perform everyday tasks safely. Strengthening your posterior chain, allows your muscles to maintain your posture even if your bones aren't as firm anymore.

TAKE THE NEXT STEP TODAY:

- Start improving your posture and learn more by connecting with us at Prosper PT & Wellness.
- Ask your primary care provider for preventative care screenings.
- Find out more information on osteoporosis at www.americanbonehealth.org

MAN NEARLY HIT WHILE CROSSING THE STREET



77 year old man almost hit by car crossing the street

At 77 years old, Jay isn't as spry as he used to be.

"I have been slowing down the last few years and even use a cane most of the time now, but I never would have thought crossing the street was going to be a challenge", he reports.

The intersection timer at the crosswalk of Cross and Main street was in working order, but not enough time for him to make it across before the light turned green.

The driver of the car reports being focused on changing the music in the car when he noticed traffic starting to move in his peripheral vision and released the pressure on the brake. "I'm so thankful my quick reflexes stopped my car from rolling into him once my attention was back on the road ahead of me," he reports.

"I wish I could move as fast on my feet as I do in my sports car! I love that car. I'm also noticing that it's getting harder to get in and out of now," Jay considers.

His activity level consists of household mobility to let his dogs in and out of the house, go to the bathroom, get meals from the kitchen and the occasional veterans meetings he enjoys attending. He also stretches daily to relieve his chronic back pain.

Walking speed is an indicator for fall risk and frailty. The cut point for risk of falls is 1.0 meters per second and in order to safely cross an intersection, one must be capable of walking at a speed of 1.14 meters per second. Sedentary living takes a greater toll on older adults, which is why it's important to stay active.

While chronic pain is a contributor to a decrease in activity tolerance, it doesn't have to be. **Chronic pain is discomfort that persists more than 3 months.**

Physical activity in adequate amounts is shown to release endorphins to reduce pain. Determining the safest activity to start with, proper dose and rigor is what physical therapists are trained to do.

TAKE THE NEXT STEP TODAY:

- Schedule a physical therapy visit with Prosper PT & Wellness for a personalized activity plan.
- Learn more about evidence-based programs for chronic pain, at [Chronic Disease Self-Management Facts \(ncoa.org\)](https://www.ncoa.org)



WORD SEARCH

E F X D O S T E O P O R O S I S L N
 P H Y S I C A L T H E R A P Y D A E
 W U K E Q P C W O R K O U T P S C N
 P E B U R G F R A C T U R E R E T D
 O B L S Y T R Q V T P B D G O C I O
 S D J L P R E V E N T I O N S C V R
 T R Z M N W N Z J T V Q O N P R I P
 U N F S D E X Y O B R O X D E T T H
 R X G W R G S W E J V L U Z R S Y I
 E Q F P H L Z S E D E N T A R Y S N
 Q K V K Q W F X K W A L K I N G K N
 S T R E N G T H B A Z I B P E R R E

Find the following words in the puzzle. Words are hidden up, down, and diagonal.

ACTIVITY
 BONES
 ENDORPHIN
 FRACTURE
 OSTEOPOROSIS

PHYSICAL THERAPY
 POSTURE
 PREVENTION
 PROSPER
 SEDENTARY

STRENGTH
 WALKING
 WELLNESS
 WORKOUT



**MAY IS NATIONAL
 OSTEOPOROSIS
 AWARENESS AND
 PREVENTION MONTH**

“Bone loss is normal for a woman your age.”

SERVICES

EVIDENCE-BASED EDUCATION

- 45 minute presentation (in-person or virtual)

FUNCTIONAL CARE MANAGEMENT

- Annual screening to assess variations in functional mobility and risk for falls
- Action plan to achieve desired outcome
- Mobile 1:1 physical therapy for health promotion and prevention

WELLNESS WORKOUTS

- Personalized 1:1 activity to improve endurance, strength, and balance
- Group evidence-based programs for falls prevention



MEET THE FOUNDER, KRISTINA

Kristina Wolfe is the proud founder and owner of Prosper PT & Wellness. With over 25 years of clinical experience as a physical therapist, she has helped many people reach their goals by improving mobility, strength and balance, and reducing pain. Interested in learning how Kristina can help you? Visit our website to contact her today!

WHY SHOULD YOU CHOOSE A PHYSICAL THERAPIST?

Physical therapists are movement experts. With the additional training to be a credentialed balance and falls professional, Kristina, is fully equipped to identify the risks and challenges an older adult may face and develop a plan based on their individual goals.

Scan Here



prosperptnc.com

THE SECRET TO HEALTHY AGING

How do you age well? Our formula is all about prevention and intervention. We identify your risks, develop solutions, and implement evidence-based interventions to help you prosper. Our lives are like the rings of a tree; each ring demonstrates a year of life and growth. Together, we can work on creating a healthy and prosperous year, every year.