



The Importance of Balance Training to Prevent Falls in Older Adults



Maintaining and improving balance is critical as you age to prevent falls. Aging can contribute to visual, vestibular, and muscular weakness issues that can negatively impact your ability to maintain balance and lead to a fall. Each year, nearly 25% of older adults fall.

Physical therapists can play a critical role in preventing falls and improving balance, function, and strength in older adults through a personalized fall prevention balance training program. A balance training program for older adults has been shown to reduce the risk of falls by 23% and enhance older adults' independence and mobility.

On the blog, Mangiarelli Rehabilitation physical therapy patient Ann engages in three key balance training exercises to improve her balance:

1. Single-leg standing balance exercise
2. Balance training from a wide to narrow base of support
3. Side-stepping

↓ In this newsletter you will find:

Addressing Ski-Related MCL Injuries with Physical Therapy, Hamstring Injury Treatment, and Physical Therapy for Lisfranc Injury.



Addressing Ski-Related MCL Injuries with Physical Therapy

MCL sprains or tears are the most common ski-related knee injury, accounting for up to 20% of all ski injuries and 60% of all ski-related knee injuries.

The MCL, or medial collateral ligament, is located on the inside of the knee, attached to the femur and shin bone.

An MCL injury can occur while skiing when pressure or hard contact from a collision or fall impacts the outside of the knee, straining or tearing the ligament. MCL injuries tend to be more common among beginner and intermediate skiers.

Physical therapy is the preferred treatment for the majority of MCL injuries, restoring function, mobility, stability, and strength to the MCL and knee joint through a therapeutic exercise program.



Hamstring Injury Treatment

Hamstring injuries are common in activities that involve high-speed running, jumping, kicking, or explosive lower extremity movements combined with rapid changes in direction. A hamstring injury involves a strain or tear of one of the three hamstring muscles. Physical therapy plays a critical role in helping athletes recover after a hamstring injury, return to sport safely, and regain function, mobility, and strength in the hamstring muscle complex.

PHYSICAL THERAPY FOR A LISFRANC INJURY

What is a Lisfranc Injury?
A Lisfranc injury involves a fracture or dislocation of the metatarsal and tarsal bones of the midfoot or a sprain of the ligaments of the midfoot, leading to significant pain, dysfunction, and difficulty walking or running.

What is the Lisfranc Complex?
The Lisfranc joint complex is a vital and complex part of the foot, providing stability to the surrounding areas.
The Lisfranc joint is located in the middle of your foot where the metatarsal bones connect to the rest of your foot.

Symptoms of a Lisfranc Injury

- Swelling on the top of the foot
- Severe foot and ankle pain
- Bruising on the top of the foot and below the foot
- Pain when weight-bearing that is exacerbated by heel raises
- Inability to walk on the affected foot
- Visible deformity in the foot

How Lisfranc Injuries Occur
A Lisfranc injury can result from falling on your foot in an abnormal position, like stepping in a hole in the grass and twisting suddenly over your foot, causing the small bones in your foot to shift to one side and break.
It can occur when playing sports such as football, soccer, and basketball where feet are vulnerable to being twisted, stepped on, or crushed.

Physical Therapy for Lisfranc Injuries
Physical therapy after a Lisfranc injury can help you manage pain and swelling, improve lower extremity mobility and strength, restore normal walking ability, and ensure a safe return to activity and sports competition.

Physical therapy treatment for a Lisfranc injury can include:

- Instruction on using crutches during immobilization period in boot or cast
- Fitting & use of a brace to help stabilize ankle and foot after cast removal
- Use of ice and heat to reduce pain and electrical stimulation to help muscles relearn to contract properly
- Manual therapy joint mobilizations on foot and ankle
- Therapeutic exercise to restore function, strength, and mobility to foot, e.g ROM, flexibility, & targeted strengthening exercises
- Gait analysis and retraining to restore normal walking ability
- Return to sport training involving balance, proprioceptive, agility, and plyometric drills

Physical Therapy for Lisfranc Injury

A Lisfranc injury can involve a sprain or tearing of the ligaments of the midfoot or a fracture or dislocation of the metatarsal and tarsal bones of the midfoot, leading to significant pain, dysfunction, and difficulty walking or running.

A Lisfranc injury can occur when there is a severe twisting force placed on the joints connecting the forefoot and midfoot.

Physical therapy after a Lisfranc injury can help you manage pain and swelling, improve lower extremity mobility and strength, restore normal walking ability, and ensure a safe return to activity and sports competition.

CHECK OUT MANGIARELLI REHABILITATION ON SOCIAL MEDIA!

