



# Motion Matters For Life

## Everyone Falls Sometimes

A sudden fall is surprising and upsetting whether you're at home or somewhere else. When you fall stay as calm as possible, take several deep breaths to try and relax. Remain still on the floor or ground for a few moments to collect yourself. This may help you get over the shock of falling and relax you. Discover if you are hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.

If you think you can get up safely without help, roll over onto your side, rest again while your body and blood pressure adjust and slowly get up to your hands and knees. Crawl to a sturdy chair or couch. Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position slowly rise and turn your body to sit in the chair.

If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone try to get into a comfortable position and wait for help to arrive. Carrying a phone with you as you move about your house will make it easier to call someone if you need assistance. Another option is to have an emergency response system that allows you to press a button on a necklace or bracelet for assistance.

### Strong Bones Prevent Breaks

Proper motion helps to strengthen bones so making sure all of your joints move properly with regular chiropractic care is essential. Common reasons for trips to the emergency room and hospital stays for older adults are falls and breaks.

Having healthy bones won't prevent a fall, but it might prevent breaking a hip or other bones which may lead to a hospital or nursing home stay, disability or even death. Proper nutrition that includes enough calcium and vitamin D can help your bones be stronger, as well as physical activity. 150 minutes per week of physical activity will do this.

There are several things that are known to leach calcium from your system. Carbonated beverages, caffeine, nicotine and birth control pills are the top 4 most common. Something else to consider is that any prescription medicine will have on average 70 side effects; many of which include weakening bone structure. Alcohol abuse can decrease bone mass and increase the chances of falls and fractures. Being underweight can also increase the risk of bone loss and broken bones.





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## Falls By The Numbers

### Fall Statistics

from the Centers for Disease Control and prevention indicate cause for concern.

- South Dakota ranks fifth in the USA for death from falls among older adults.
- Every 11 seconds in the USA an older adult is treated in an emergency room for a fall.
- Every 19 minutes an older adult dies from a fall.

***“Falls are definitely our number one cause of head injuries,  
hip fractures and arm fractures,”***

- Carly Farner-Cordell, Sanford Health Trauma Coordinator

### Putting Your Best Foot Forward to Prevent Falls:

- Receive Regular Chiropractic Care
- Take Care of Your Overall Health
- Regular Eye and Hearing Exams
- Be Careful with Medications
- Limit Alcohol Use
- Remain Flexible
- Maintain Proper Range of Motion
- Regular Exercise
- Get Enough Sleep

***“There is more to avoiding falls than just being more cautious. Ultimately, your goal is to keep as independent as you are designed to be.”***

- Dr. Patrick Clinch, Doctor of Chiropractic and guide for the South Dakota Chiropractors Association fall prevention program, *Because Motion Matters for Life*.

Discover The most comprehensive fall prevention program offered in South Dakota by attending a *Because Motion Matters for Life* screening event. It will only take 10 to 15 minutes and is free! To view participating Doctors of Chiropractic in your area offering screenings, please visit **[www.LiveWellSouthDakota.com](http://www.LiveWellSouthDakota.com)**.





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## Causes and Risk Factors for Falls

### Many Things Can Cause a Fall:

- Poor Eyesight, Hearing and Reflexes
- Heart Disease
- Nerve Issues
- Safety Issues in your environments
- Postural Hypertension
- Diabetes
- Thyroid Problems
- Medications
- Muscle Weakness
- Foot Problems and Unsafe Footwear

### What can you do to move around more confidently and prevent falls?

A lot of people believe that joint stiffness, pain and falling are a natural part of aging. Research shows that's not the case, there are plenty of measures that you can take to prevent a future fall.

Stand up slowly. Getting up too quickly can cause your blood pressure to drop and that may make you feel wobbly. Get your blood pressure checked when lying and standing.

Use an assistive device if you need help feeling steady when you walk. Appropriate use of canes and walkers can prevent falls. If your doctor tells you to use a cane or a walker make sure it's the right size for you and the wheels roll smoothly.

Be very careful when walking on icy or wet surfaces. Try to have sand or salt spread on icy areas by the entrances and sidewalks to your home.

Wear non skid rubber sole low heeled shoes or lace up shoes that fully support your feet. It is important that the soles are not too thick or too thin. Don't walk on stairs or floors in socks or in shoes/slippers with smooth soles.

Always tell your Doctor of Chiropractic if you have fallen, even if you don't think you're hurt. A fall can alert your Doctor to a new health problem, or problems with your biomechanics, eyesight or medications that can be corrected.





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## Fall Prevention Screening

"Sometimes people will not tell anybody that they have fallen," said Dr. Patrick Clinch.  
"Fear of loss of independence may be a reason an individual may be hesitant to report a fall."

### What to expect during your screening:

Because *Motion Matters for Life*, the South Dakota Chiropractors Association fall prevention program is the most comprehensive evidence-based fall prevention screening currently offered in South Dakota. The initial screening will take approximately 10-15 minutes.

The program is about improving your motion, balance and coordination and therefore your confidence in all your activities. The goal is to keep you as independent as you are designed to be and guide you to what you can do to move around more efficiently.

### Your Doctor of Chiropractic will consider the following factors when evaluating fall risks:

- Have you fallen in the last year?
- Do you feel unsteady when you are standing or walking?
- Do you worry about falling or have a fear of falling?
- Have you developed joint pain or stiffness due to injury or inactivity?
- Have you taken any medications or other chemicals?
- Do they have side effects of unsteadiness, dizziness, joint pain, or stiffness?
- Have you been prescribed more than one medication?

### How can a Doctor of Chiropractic help with fall risks?

- Guidance on fall proofing your home.
- Your chiropractor will be able to guide you through exercises that focus on maintaining proper motion in your joints, stretching your tight muscles and strengthening your spine, arms and legs.
- Chiropractic adjustments can increase multisensory integration sight and sound integration.
- Chiropractic adjustments can improve joint position sense.
- Chiropractic adjustments can decrease step reaction 2.5 times greater than the control group. People who can take a quick step are less likely to fall and can maintain their balance.

To find a participating Doctor of Chiropractic visit [www.LiveWellSouthDakota.com](http://www.LiveWellSouthDakota.com)



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## Fall Proof Your Home

The South Dakota Chiropractors Association *Because Motion Matters for Life* fall prevention information below includes some tips for what you can do to keep your home as safe as possible. Please print and share this information with caregivers and family members, as a fall can happen to anyone any age! By following this checklist, you will improve the safety of your environment.

### Fall Proof YOU First:

We all know that it will not always be possible to control our environment so frequent visits to your Doctor of Chiropractic will help to keep your body moving and responding the way it is designed. They can also guide you in rearranging your house, so it is more accessible for you.

### Fall Proof Your Environment:

- Keep all floors and walkways clear of cords, loose items and debris
- Use only ridged non-slip rugs
- Install anti-slip strips on each stair-step
- Keep a light, lamp or night-light in all commonly used dark areas
- Keep frequently used items within safe reach

### During your personal activities:

- If you are alone, always keep a phone within reach
- Sit down to dress and put on shoes and socks
- Use a cushion or a seat riser to make it easier to stand from sitting
- Place a seat riser on the toilet
- Install grab bars or railings near toilet, shower, or wherever appropriate
- Use a shower chair and a hand-held shower head
- Dining chairs should have arm rests and no wheels
- Do not use high-gloss floor cleaners



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## Fending off Weather Related Slips and Falls

Your concerns about weather related falls can be minimized with regular chiropractic adjustments. Studies have shown adjustments can improve sight and sound integration, improve joint position sense and decrease step reaction time. People who can take a quick step are less likely to fall. Chiropractic adjustments improve the brain's ability to perceive what is going on in and around you; making you less clumsy. Chiropractic adjustments also improve spinal function, improve strength, and decrease muscle fatigue.

In addition to seeing your Doctor of Chiropractic, here are some pointers from the South Dakota Chiropractors Association for avoiding weather related falls.

- Shovel and use sand or ice melt to keep stairs and walkways clear of snow and ice.
- Ensure handrails are secure and not slippery before trusting them.
- Rubber-soled, non-skid, low-heeled shoes, or lace-up shoes that fully support your feet are best.
- Keep a small container of sidewalk salt on your person for unexpected spots outside.

### **Walk like a Ninja!**

Walking on potentially slippery surfaces the South Dakota Chiropractors Association recommends taking a hint from the way a Ninja warrior walks:

- Separate your feet about shoulder width apart.
- Bend your knees slightly.
- Take small steps keeping your knees bent.
- Do not waddle.
- Shift your weight to the leg you are standing on before you move the other.
- Keep your arms and hands available for support and balance.
- If you fall tuck your chin to prevent hitting your head.





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## What can a Chiropractic Adjustment do for you?

### Regular Chiropractic adjustments have been shown to:

- Increase multisensory integration (MSI = Sight and Sound Integration)
- Improves Joint Position Sense
- Decrease step reaction time to 2.5 times greater than the control group
- People who are able to take a quick step are less likely to fall
- Improve communication between the brain and the body
- Chiropractic adjustments change brain function.
- Improve body function, health, and quality of life
- Make a person less clumsy
- Improved visual acuity
- Decrease reaction time
- Improve spinal function
- Decrease muscle fatigue
- Improve muscle strength
- Improve visual field size
- Improve brain processing
- Improve muscle strength

### Also individuals who received regular chiropractic care:

- Maintained the ability to carry-out activities of daily living
- Live independently
- Look after themselves
- Preserve their health
- Feel better in general

**Sadly individuals who do not receive chiropractic care have a decline in all of these areas.**





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## Preventing Falls Builds Confidence

Jennifer: "My 18-month-old son would only take several hesitant steps then would drop down to crawl. The afternoon after receiving chiropractic spinal, leg, and foot adjustments I was able to send my Doctor of Chiropractic a video of my little boy running across the living room into his daddy's arms!"

Joseph: His daughter received one full body chiropractic adjustment after their third game in a basketball tournament. Their team went on to win the championship. "I am a true believer in chiropractic, with only one adjustment I saw my daughter's body change and improve. As a father and basketball nut I watch for so many things on the court. During the game I noticed my oldest daughters footing and balance was a lot better. Her strength was improved. She was not hitting the ground as much. Her boxing out was stronger. I saw her push a kid three feet back on a box out and the kid was bigger. Little things like her running was even changed; it looked smoother."

Brian: "In my early 20's I had ACL injury with subsequent surgical repair. For the next 2 years I walked with a limp and was unable to run. I received one session of chiropractic foot and leg adjustments, and I immediately felt little to no pain in my knee and was able to participate in a soccer game as the goalkeeper. It was a miracle to me that I could now run, my low back and neck even felt freed up. One year later I continue to be pain free and have returned to running regularly."

Cynthia: "I was 35 years old and an aerobics instructor. I had developed severe pain in both knees and was dependent on crutches. The recommended treatment was 2 aspirin every 4 hours along with weekly rehab for several months. After receiving only one session of foot and leg chiropractic adjustments I immediately felt little to no pain in my knees and was able to walk without crutches. I experienced no knee pain for the next 3 years. I attribute the fact that I can still be leading aerobics classes at the age of 67 to receiving consistent appropriate chiropractic care over the years."

Elaine, 83: "I had polio as a teenager, both feet had been numb since then. After several chiropractic spinal and foot and leg adjustments, I could feel my feet!"

Dave, 80: "I had foot, knee, and low-back pain. I was walking with a limp, and was very dependent on a cane. I also had to use walls, doorways and counters for support. Following the first chiropractic spinal, foot and leg adjustments I did not require the cane or wall for support."

Ilene, 90: "I don't understand why everyone doesn't get adjusted!"

80 year old patient: "I feel amazing, I feel human again!"

Patient: "I can tell after a chiropractic adjustment that my balance, stability, and motion is improved, so I do not feel afraid to go out and do things."



Chiropractic care has a protective effect against declines in ADL's instrumental ADL's and self-rated health for older Medicare beneficiaries when used in uncomplicated back conditions. According to a study on the comparative effects of episodes of chiropractic and medical treatment on the health of older adults by et al in the *Journal of Manipulation and Physiological Therapeutics* (2014;37:143-154)

The protective effect of Chiropractic care against declines in functional and self-rated health among beneficiaries with spine conditions and indications that chiropractic users have a higher satisfaction with follow-up care and information provided about what is wrong with them. This according to a study on Chiropractic use in the medical population prevalence patterns and Association with one year changes in health and satisfaction with care by Paula A Weigel et al in the *Journal of Manipulation and Physiological Therapeutics* (2014;37:542-551)

Improvement in sensory motor function and multi-sensory integration associated with fall risk and quality of life improvement in older adults receiving chiropractic care is demonstrated in this randomized controlled trial on effectiveness of chiropractic care to improve sensory motor function associated with fall risk in older people by Kelly R. Holt et al in the *Journal of Manipulation and Physiological Therapeutics* (2016;39:267-278)