

# TUDOR FOCUS

## Slips - Trips & Falls



Did you know that slips, trips and falls are only second to automobile accidents in causing personal injury? These types of injuries occur at the workplace as well as in the home.

The following are simple and easy ways to reduce your risk for both places. . .

### IN THE HOME:

- **Feel unsteady on your feet?** – A cane or walker could help your balance. A Physical Therapist can show you proper use of these assistive devices.
- **Do you wear long robes, pants or ill-fitting shoes?** Avoid wearing long articles of clothing that drags on the floor, as well as improperly fitted shoes.
- **Do you have throw rugs in your home?** – They can increase your chance of tripping. Tack them to the floor, put non skid pads under them, or simplest – get rid of them all together.
- **Is there clutter in your living space?** – Clutter is a safety hazard. Try to keep pathways clear throughout your home.
- **Do you have dark halls/rooms/stairways at home?** – Use proper lighting and consider a night light in bathrooms or hallways. Always have a flashlight beside the bed incase of electricity outage.
- **Do you have difficulty getting in or out of the tub?** – Add grab bars or non skid mats, so you don't slip.

### IN THE WORK PLACE:

Inspect your work area daily for hazards. When you remember these nine simple things, you tremendously reduce your risk of Slips, Trips, & Falls.

1. **Don't be in a hurry.**
2. **Pay attention to your step.**
3. **Clean up spills.**
4. **Practice walking safely.**
5. **Wear safety shoes and shoes that fit properly.**
6. **Maintain proper lighting.**
7. **Exercise stair safety.**
8. **Inspect your ladder.**
9. **Be aware of your surroundings at all times.**



Want to know more about a story in this issue?

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## CHANGING LIVES FOR THE BETTER

### Surgery? Injury?

From your shoulders down to your ankles, Game Ready can help in the treatment of a variety of musculoskeletal injuries and assist in post – operative rehabilitation.

Ask TuDor Physical Therapy Centers if Game Ready is right for you! This system uses Anatomic Wraps. Each are designed to fit a specific body part.

- ANKLE Hip / Groin
- kNEE shoulder
- back elbow/ Wrist



## Announcements

**WORKPLACE THERAPY** is now being offered to local employers. With over 14 years of experience as a therapy provider, we offer excellent on- site therapy for injured workers. Much of our therapy equipment is portable, allowing us to bring it to the employee's workplace.

*We Provide:*

Low –Level Laser Units, Neuro-Muscular Stimulation Units, Tens Units, Theraband Stretching System, Iontophoresis, Ultrasound, Exercise Programs and Manual Therapy.

**EXPANSION OF OUR LYMPHEDEMA CENTER-** The Cornersburg Center is currently in the process of adding an additional 3 private suites to serve our Lymphedema patients. The success of this program has been growing and the results have been amazing. The construction is scheduled to be completed November of 2007.

**RELOCATION OF THE WARREN CENTER-** The Warren Office move is complete. The new address is 3804 Elm Road. The new facility is fully operating, so please stop by and see Kelly or Tina with any of your Physical Therapy questions.



