

THE ROLE OF GEM

Aegis Therapies® has developed a Balance Management Program to focus on early detection of a patient's underlying impairment as they relate to imbalance and falls.

In addition to strengthening exercises, environmental modification and management of other risk factors, Aegis Therapies' Geriatric Enhanced Modalities (GEM) program can play a significant role in reducing the risk of falls:

- Ankle muscles, which when weakened increase the likelihood of falls, are strengthened through the use of electrical stimulation.
- Pain and swelling in joints are decreased so that movement becomes more comfortable.
- Sensory awareness in the feet and legs can be improved so that patients are more confident in their foot placement when standing and walking.

FOR MORE INFORMATION



Located At:

Sayre Christian Village

3775 Belleau Wood Drive
Lexington, KY 40517
(859)-271-9000
sayrechristianvillage.org

Therapy services provided by



AegisTherapies.com

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BALANCE MANAGEMENT



THE EFFECTS OF IMBALANCE

According to the American Geriatrics Society, falling is a leading cause of injury and hospital admission for trauma in older adults, affecting 35 percent of those over 65 and 50 percent of individuals 75 and older. Even a fall that does not cause injury can limit confidence, and the fear of falling can result in decreased activity, isolation and frustration. However, participation in a program to improve balance can help decrease the risk of falling.



BALANCE MANAGEMENT

It was once thought that increased falls were the inevitable result of aging. Fortunately, medical research has discovered that the chance of falling can be reduced if the risk factors are identified and managed.

Factors contributing to loss of balance in older adults can range from the easily identified to the less obvious, including:

- Weak muscles
- Decreased sensation in the feet and lower legs
- Conditions that cause pain
- Fear of falling or hesitancy due to a past fall
- Unsteadiness while standing, walking or turning
- Side effects from medication
- Vision problems or dizziness
- Complications from diabetes, strokes or other health conditions
- Environmental hazards such as low light or loose rugs

ENHANCING QUALITY OF LIFE

It is rare that the use of modalities alone can treat the conditions that lead to increased falls. A comprehensive approach – one that includes thorough analysis and individualized treatment – is implemented along with the GEM program. The end result is that patients are better able to control the circumstances that can cause imbalance and falls, while regaining the confidence that allows them to participate in daily activities.

