

## How good is your BALANCE? Find out with this SIMPLE TEST

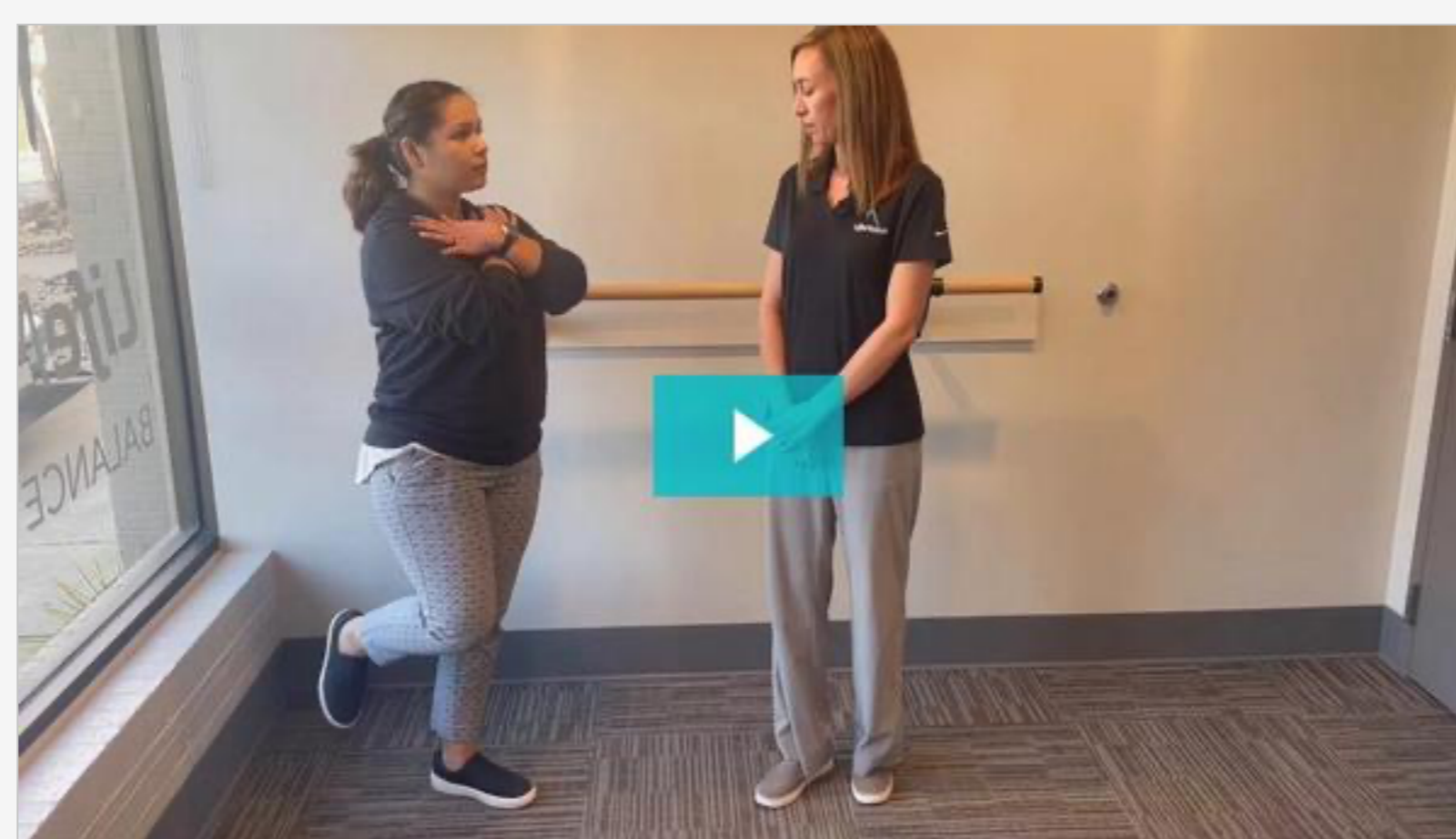
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[Orthopedic](#) [Pelvic Health](#) [Balance](#)
**Trips, Slips and Falls...Oh My!**

According to the CDC, over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture. In 2015, the total medical costs for falls totaled more than \$50 billion. Medicare and Medicaid shouldered 75% of these costs. These statistics show the devastating effects from a fall and emphasize the importance of a fall prevention program.

Physical Therapists (PTs) play a crucial role in addressing fall prevention by designing therapeutic exercise programs to improve stability with daily activities. When designing this program, it must be comprehensive and include strength exercises, posture training, flexibility exercises as well as all things necessary for good balance. The program must address how you anticipate movement, how you react to a slip or trip, basically how you recover and avoid falling. A PT will take the time in an evaluation to ask you about your specific goals and design the program to your needs. Does a gardener lose their balance in the yard? Does a golfer need stability during the golf swing? Does an avid football fan need balance climbing the stadium steps? These are all things that can be addressed through physical therapy.

At LifeMotion Balance Center, our specialists are trained to use unique equipment, tools and exercise to help people reduce their risk of falling and return to the activities they enjoy most. Life is too short and precious... and we have only been given one body. So, take care of yourself, invest in your health and enjoy a full life!

[Schedule an Appointment](#)
**Technique Highlight: Single Limb Balance Test**

The ability to stand on one leg is very important and translates directly to fall risk. Everyday people stand on one leg to perform daily tasks. When you are stepping into pants, climbing stairs, going up onto a curb or stepping over objects, you must stabilize on one leg to prevent loss of balance. Research shows you have a high risk for falling if you cannot stand on one leg for at least 10 seconds without requiring arm support. Practicing standing on one leg should be a part of everyone's exercise routine. You can start off simply standing on one leg and alternating between each leg. To make it more challenging, you can stand on a foam or unstable surface, or close your eyes. You also improve ankle strength and stability by practicing this drill. Through regular practice of this drill, you will improve how you move and prevent falls.

[WATCH VIDEO](#)
**Your LifeMotion Spotlight: Holly Thompson, PT**

Holly Thompson's story is one of balance, purpose, and faith. It began in her teens while serving as a Summer counselor at Make Promises Happen, a summer camp for individuals with special needs in Guthrie.

"I just really enjoyed helping the campers have fun," Holly says. "Seeing the experience of camp through their eyes started me thinking about how I could be of service helping people."

Those early thoughts ultimately led her to study physical therapy at OU and gain certification in Neuro Development Technique. She also went on to earn Vestibular Certification from Emory University.

By 1999 Holly was a physical therapist at St. John, finding satisfaction working to help people prevent falls and working on balance. She recalls one patient in particular.

"She had stopped living," Holly says. "She didn't go out with her husband; she just went inside herself because of balance issues."

Holly pieced together the woman's problem and developed a treatment program. Slowly but surely, there was progress.

"I told her, 'you will get better—I'm here to support you,'" Holly remembers.

It took time, but her patient did get better. She began exercising and ultimately became a yoga instructor. It was a big moment for both her patient and Holly.

"I remember writing HOLLY'S BALANCE CENTER across the top of a legal pad one day back then," she recalls. That legal pad proved to be a launching pad that would bear fruit about a decade later.

"I'd been working with Ryan about ten years," Holly says. "He asked, 'what do you want to do?' I told him: 'I want my balance center.'"

He challenged her to spell it out. That's all it took. Holly poured it all out in detail: the treatments, the equipment, the staff, even color schemes. That's how it is when a dream long harbored is set free.

"After sharing it with Ryan," Holly remembers, "he said, 'Okay, it's all you.'"

The result is LifeMotion's Balance Center. But, Holly politely disagrees with that "all you" part.

"I give everything that's happened to the glory of God," she says. "He had a purpose for me. I'm fulfilling it every day. He has blessed me with an amazing staff. Everyone who comes in seems to enjoy it. We build special relationships."

And that legal pad? While moving things to higher ground in 2019 when floods threatened their home, Holly came across a box where she found that pad still bearing her prophetic statement of purpose grounded in balance, purpose, and faith.

[Learn More About Our Team](#)
**A Message from Ryan****Can My Balance Change?**

This month we highlight a simple, powerful way to assess if you have a balance deficit. Surprisingly a large portion of clients that I assess over the age of 30 have a hard time with standing on one leg. Why? In the modern world, the most common activity we do is sit - watch TV, drive, work at a computer. Unfortunately all of those activities do very little to stress our balance system which slowly fades as we age. One day you realize standing on a step stool or walking on uneven terrain makes you nervous or worse you fall down. The typical thought is something recently changed, but really the loss of balance has been slowly occurring in the background over the years.

**But here is the good news, it is never too late to start!** While it is ideal to stress your balance system throughout life, you are never too old to start. At LifeMotion, we have programs for clients of all ages and abilities. So no matter if you are a high level athlete that needs to improve your reaction time and dynamic stability or a grandparent that wants to stay active with grandkids and around the house, we have a way to help you. Schedule a consult with a member of our expert PT team and learn how to improve your balance today!

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