Comprehensive Physical Therapy Center Staff

Bruce Buley, MA, PT, OCS, CSCS, Clinic Director Received his physical therapy training at downstate Medical Center in New York City and earned an advanced Master's in physical therapy at UNC-CH. His 30 years of physical therapy experience have included treating patients with orthopedic, neurological, cardiac, pediatric and sports related problems, including foot and orthotic fabrication. Bruce has served on the academic and clinic faculties of UNC and Medical College of Georgia. In 1999, Bruce became a Certified Orthopedic Specialist by the American Physical Therapy Association and in 2002, became a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. He received the 2002 "Excellence in Clinical Practice" award given by the North Carolina Physical Therapy Association., and in 2005, was awarded the "Mabel Parker Clinical Education Excellence" award from UNC. In 2006, Bruce became a credentialed clinical instructor with the APTA.

Christine Viola, DPT, OCS, received her Doctor of Physical Therapy degree from Duke University in May 2007 and previously her B.A. in Biology from Hamilton College in May 2004. During her time at Duke, she gained experience in orthopedics, sports medicine, and vestibular rehabilitation. She also took additional courses in general manual therapy and vestibular assessment/treatment to further specialize her orthopedic and vestibular rehab skills. In addition to being available for these services, she will also provide any general women's health physical therapy needs.

Valerie Boyle, DPT, received her Doctor of Physical Therapy degree from Elon University in 2006. After growing up in Fuquay-Varina, she graduated with a B.S. in Biology and Chemistry in 2003 from Greensboro College, where she also played soccer. In 2009, Valerie became a credentialed clinical instructor with the APTA, as well as a Certified Ergonomics Assessment Specialist through the Back School of Atlanta. In 2010, she completed Women's Health Pelvic Physical Therapy training with internal examination.

Jeanne Gresko, MS, LPC, BCIA-C, has an MS in Rehabilitation Counseling from West Virginia University and is both a Certified Biofeedback Practitioner and a Licensed Professional Counselor. She has received training in Mind/Body Medicine from the National Institute for the Clinical application of Behavioral Medicine and has worked in the field of rehabilitative medicine for over 25 years. Jeanne also has been teaching stress management techniques for over 15 years.

Office Hours:

Monday through Friday	8:00 am to 5:00 pm
Saturday	8:00 am to 12:00 pm

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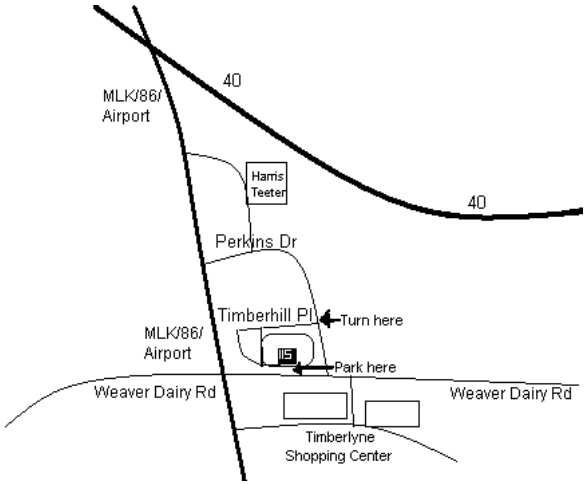


Comprehensive Physical Therapy Center, Inc.

Falls: Risk Factors and Prevention for the older Adult

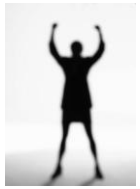
Helping You Prevent a Fall

Falls among the older adult:

- Each year in the United States 30% of community dwelling people over the age of 65 years will experience a fall and 12% of those will have a serious injury.[1]
- The risk for a fall increases to 45% in people over the age of 75.[1,2]
- Falls are the leading cause of injury deaths among older adults, and they are the most common cause of nonfatal injuries and hospital admissions for trauma.[3,4]
- Falls can result in injuries such as fractures of the hip, spine, forearm, leg, ankle, pelvis, upper arm, and hand.
- Injuries from a fall can severely limit your mobility and decrease your quality of life.

Risk factors for a fall:

- Your risk of falling depends heavily on your ability to balance.
- Balance requires the integration of visual, vestibular (inner ear), and somatosensory (muscle strength, joint integrity, and sensation) information.
- As you get older you may have decreased function of one or many of the sensory systems that control balance.
- When one of the systems is impaired, you have a greater chance of losing your balance and having a fall.



Fall prevention:

- Fall prevention begins with evaluating which areas of your balance may be impaired.
- **Vision:** Be sure to wear corrective lenses if needed, use night lights and avoid walking in poorly lit rooms/outside at night.
- **Somatosensory:** Keep your muscles and joints functioning optimally by staying physically active. At CPTC our trained physical therapists can evaluate your strength, flexibility, sensation, and functional mobility to help you develop a customized program to improve your balance.
- **Vestibular:** Your balance depends heavily on the function of your inner ear. If you have decreased vestibular function you could benefit from an individualized vestibular rehabilitation exercise program that will improve your balance.
- Your balance may also be impaired due to the medications that you take, so be sure to ask your doctor or pharmacist to review your medications to reduce side effects and interactions.
- Reduce safety hazards in your home that can lead to falls such as throw rugs, slippery floors, unmarked steps, or cords/wires on the floor.
- Stay active to keep your muscles strong with activities like walking, hiking, swimming, and tai-chi.
- If you have had a fall, or have a fear of falling, the staff at Comprehensive Physical Therapy Center, Inc. can help you with an individualized program to improve your balance and reduce your fall risk.

References / Resources:

[1]Hornbrook, M.C., Wingfield, DJ., Hollis, J.F., Greenlick, M.R., and Ory, M.G., Preventing falls among community- dwelling older persons: results from a randomized trial. The Gerontologist, Vol 34, Issue 1 16-23, 1994.

[2]Hausdorff, JM, Rios, DA., Edelberg, HK. Gait variability and fall risk in community-living older adults: a 1-year prospective study. Arch Phys Med Rehabil, 2001, Aug;82(8):1050-6.

[3]Centers for Disease Control and Prevention: www.cdc.gov/ncipc/duip/preventadultfalls.htm

[4]Scott, J.C., Osteoporosis and hip fractures. Rheumatic Diseases Clinics of North America. 10090; 16(3):717-