

Our SENIOR STRONG Program

ABOUT SENIOR STRONG

SENIOR STRONG is Florida Orthopaedic Institute's Fracture and Fall Prevention Program, designed specifically for older patients. This innovative and exclusive program uses the latest research in strength and balance training for older patients to improve your overall function and give you back independence.

SENIOR STRONG is a comprehensive and proactive program that increases strength and fitness to give you better balance - all keys to keeping you healthy and active. It can decrease your risk of falls, increase your energy levels and help you continue to enjoy your favorite activities.

To make an appointment
for SENIOR STRONG call our
appointment line:

813-978-9797

For more information about
SENIOR STRONG please visit
our website:

www.FloridaOrtho.com



**FLORIDA
ORTHOPAEDIC
INSTITUTE®**

Senior Strong



FloridaOrtho.com (800) FL-ORTHO

**Senior Strong
Keeping Seniors Active**

**FLORIDA
ORTHOPAEDIC
INSTITUTE®**



SENIOR STRONG

SENIOR STRONG begins with an initial visit with an orthopedic physician to assess bones and joint health. This is followed by initial testing with a physical therapist to establish starting levels of balance and fitness.

The SENIOR STRONG Program incorporates lower extremity resistance strength exercises, balance exercises and functional movements - all supervised by a trained therapist and designed to improve your function. The program runs up to 8-weeks and typically consists of 3 visits per week for 45-60 minutes each session. The number of weeks varies, based on the starting level of the individual.

It is important to note that the SENIOR STRONG program is customized for you, based on the level of function at the initial evaluation.

Your Benefits

Short Term:

- Increased strength and balance
- Increased self confidence
- Increased energy levels
- Decreased depression/ anxiety

Long Term:

- Allows you to return or maintain activities that you enjoy
- Decreases falls and injuries from falls
- Increases bone density
- Increased sense of well being
- Decreased progression of dementia

Facts About Falls

- 1 out of 3 of people over 65 fall each year
- 25% of persons who fall have moderate to severe injuries
- Falls are the leading cause of death from injury in persons over 65
- 32-42% of people over 70 fall each year
- Only 25% of patients who have a hip fracture will make a full recovery
 - 20% will die within one year after a hip fracture
 - 40% will require nursing home care

Fear of Falling

Fear of falling is also great concern. It can lead to diminished self-confidence, decreased activity, loss of independence, loss of friendships, depression and anxiety. All of these lead to worsening health and quality of life. Many people have stopped doing something they enjoy because they didn't feel that their body would let them do it anymore.



Common Questions & Concerns About Senior Exercise Programs

"I don't have enough time." (the most common reason)
Effective exercise requires as little as 30 minutes per day. Make your health a priority, and establish a routine. Remember that anything is better than nothing, and that the hardest step to fitness is the first step.

"I don't have enough energy."
Schedule your exercise when your energy level is highest. Remember that your energy will increase as your fitness increases. Start slow and increase as you can tolerate it.

"I'm too old and I'm already too weak."
Multiple studies have shown that resistance exercise is safe and effective for older persons, and for persons who are already nursing home bound.

"I'm afraid I will get hurt."
Supervision by a physician and therapist is important to help ensure that any new exercise program is safe to do, and that exercises are done correctly.

"I'm afraid to fall."
SENIOR STRONG helps prevent falls. Besides getting stronger and having better balance, you'll gain self-confidence and a higher energy level, allowing you to remain active and enjoy your life more.

"Are there other programs like this?"
We are unaware of any local programs like SENIOR STRONG. Other fall prevention programs don't adequately stress the muscles in order to cause strength gains. The SENIOR STRONG program uses the latest research in strength training in older patients with the intention of decreasing falls and increasing physical fitness.