

Injury Prevention Newsletter

Colorado Trauma Network

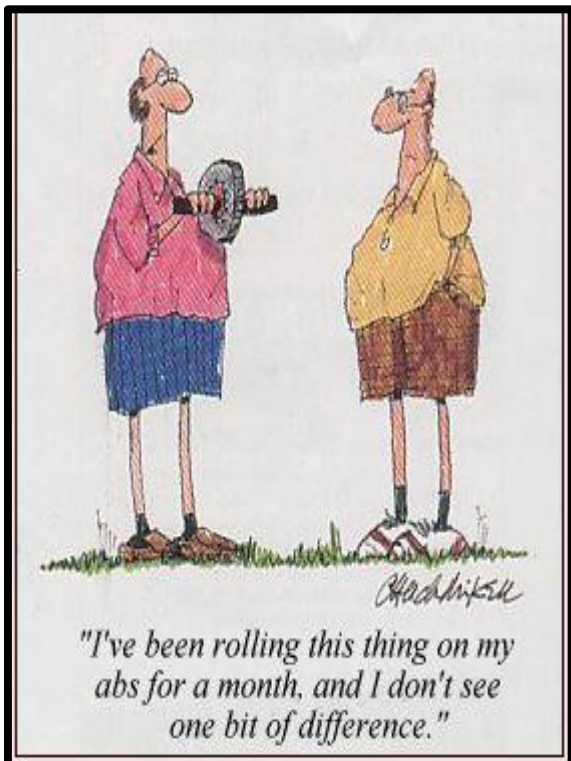


WHO WE ARE

The Colorado Trauma Network (CTN) is a statewide network of Trauma professionals dedicated to trauma care, prevention and education. The mission of the CTN is to promote the optimal care of the injured patient in Colorado through injury prevention, education and participation in the statewide trauma system. Within the CTN structure is the injury prevention sub-committee, which is made up of Injury Prevention Professionals from Trauma Centers across Colorado. The injury prevention sub-committee works together to provide strategic and innovative approaches to reducing and eliminating trauma and injuries.

FALL PREVENTION AWARENESS MONTH:

As the saying goes, “Falls are not a normal part of aging” and there are many strategies that one can take to reduce their risk of falls. To check your risk of falling the National Council on Aging has created a quick and easy Falls Free Checkup. Click [here](#) to access this resource. You will receive a personalized report that you can share with your healthcare provider.



WHY MOVEMENT IS IMPORTANT:

Movement is an important strategy to maintain health, and becomes even more essential as we age. Click [here](#) to watch a short video with 6 simple exercises you can do to build strength and balance.

Additionally, the World Health Organization states that “mental health has an impact on physical health and vice versa.” During our current situation of social distancing, movement can bring about many more benefits than falls prevention. Exercise can reduce anxiety, depression and negative moods. Getting outside for a few minutes each day can increase your mood and help you feel better. Movement can even alleviate symptoms of low self-esteem, improve sleep, reduce stress and increase your energy.

Now more than ever, we encourage our older adults to build connections. Call your local senior or community center and see what they are offering virtually. Reconnect with family and friends by phone or even a letter! What type of movement are you doing today?

MOVEMENT CAN BE FUN!

For some people the word exercise can bring up negative thoughts and emotions, but exercise doesn't have to be a chore, it can be fun. The best exercise for you is the one you enjoy the most. If you don't like your workout, how long are you going to stick with it? You're never too old to get moving and improve your health! Click [here](#) for a fun and safe workout.

Exercise should focus on:

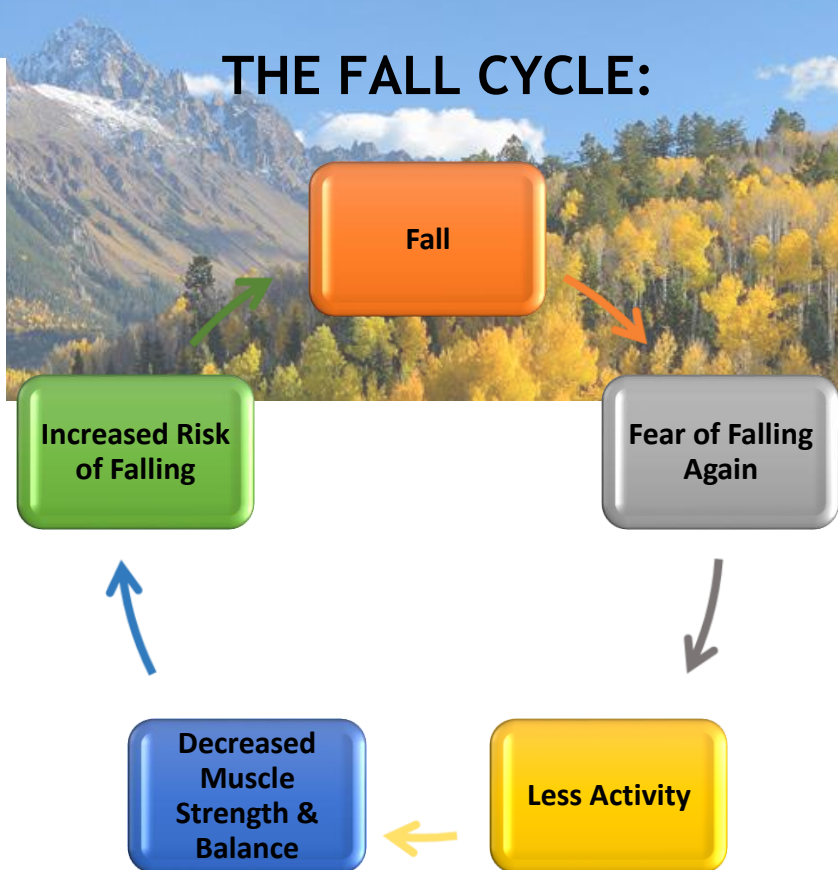
1. Helping you build strength
2. Helping you stay mobile
3. Improving your balance

According to helpguide.org ensure you do the following things **before** you start an exercise routine.

**If you do not incorporate regular movement into your day, please contact your doctor to ensure if it safe for you to start a movement routine!

- ☑ **Get medical clearance** from your doctor, especially if you have a preexisting condition.
- ☑ **Listen to your body.** Exercise should never hurt or make you feel lousy. Stop exercising immediately and call your doctor if you feel dizzy or short of breath, develop chest pain or pressure, break out in a cold sweat, or experience pain. The best way to cope with injuries is to avoid them in the first place. If you regularly experience pain or discomfort after exercising, try exercising for less time but more frequently throughout the day.
- ☑ **Start slow and build up steadily.** If you haven't been active in a while, build up your exercise program little by little. Try spacing workouts in ten-minute increments twice a day. If you're concerned about falling or have an ongoing heart problem, start with easy chair exercises to slowly increase your fitness and confidence.
- ☑ **Prevent injury and discomfort** by warming up and cooling down and keeping water handy.
- ☑ **Commit to an exercise schedule** for at least 3 or 4 weeks so that it becomes habit. Take note of how exercise makes you feel!

THE FALL CYCLE:



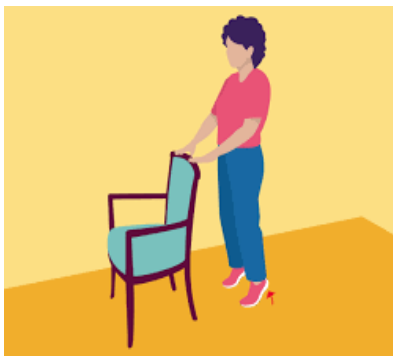


The National Council on Aging is offering a “Falls Free CheckUp Chat” on Facebook. Join them **September 23 at 4:30pm MST.**

Check out the Facebook page for more information and to join the chat!

[Join the Chat](#)

2 EXAMPLES OF FALL PREVENTION EXERCISES:



Heel and Toe Raises - To start, stand upright with your feet about hip width apart while holding on to a chair or countertop. Lift both of your heels up so you’ll be balancing on the balls of your feet. Hold for 5 - 10 seconds and lower your heels down. Next, rock back on to your heels and lift your toes up. Keep your posture straight and don’t let your backside stick out. Repeat 10 times.



Marching in Place - Marching in place is a great balance exercise for older adults. Do this exercise next to a chair or counter so you have something to hold on to if needed. Standing straight, lift your right knee as high as you can. Lower it, then lift the left leg. Lift and lower your legs 20 times. Click [here](#) for additional exercises you can do at home.

The various videos linked in this newsletter are also posted below. To view the videos, please hold down the “Ctrl” key on your keyboard and click the link. The video will appear in a new window.

[Falls Free CheckUp](#)

[Additional Exercises](#)

[Fun/Safe Workout](#)

[6 exercises for strength & balance](#)