



DAVIS PHYSICAL THERAPY & SPORTS REHAB

Fall Prevention Program Individualized for patients at any age

DID YOU KNOW?

- More than one in four individuals over the age of 65 sustain a fall every year.
- Falls are the leading cause of death, injury and loss of independence among older adults.
- Proper fall prevention training can effectively reduce falling, prevent injury and extend self-reliance.

As with most prevention programs, health-related or otherwise, creating awareness and providing education plays a key role in success. In the case of fall prevention, it's important to recognize the risks and leading causes of falling that exist year-round. Further, despite the alarming facts among the older population, someone at any age can be injured in a fall.

Source: According to the U.S. Centers for Disease Control and Prevention (CDC)

POSSIBLE CAUSES:

Falls can happen to anyone at any time. Yet for older adults, the risk of falling is most often related to a combination of factors, many of which occur with aging. These include, but are not limited to:

- Balance impairments caused by vision changes, vestibular deficits or altered
- Medical conditions, including neurological, orthopedic, or cardiovascular diagnoses
- Decreased strength and coordination
- Poor posture and limited mobility
- Stiff and/or painful joints
- Use of multiple medications

CALL TO MAKE AN APPOINTMENT TODAY

Stokes Medical Building, 639 Stokes Road, Suite #103, Medford, NJ 08055

609-451-5404 • davisptsr.com

Treatment:

A proper Fall Prevention Program is not only comprehensive but personalized to the patient.

EVALUATION

Purpose: To determine risk factors, identify possible causes of imbalance, and establish an individualized physical therapy treatment approach.

Result: An exercise regimen that improves balance, strength and flexibility in combination with extensive education, strategies and resources.

BALANCE TRAINING

Purpose: Safe guidance through frequently-adapted exercises that challenge the ability to sustain static (stationary) and dynamic (moving) balance.

Result: The ability to prevent and recover loss of balance during anticipatory and reactive tests at various challenge levels.

STRENGTH & RESISTANCE TRAINING

Purpose: An individualized program to target specific muscle groups, particularly the antigravity muscles, including the core, gluteals, quadriceps, and gastrocnemius.

Result: To build resistance, strength and endurance for maintaining balance and recovering from a loss of balance event.

Throughout training, patient education is an integral part of any fall prevention program and physical therapy management. It should include individual fall risk management, techniques to maintain quality of life, available educational resources, and referrals to community programs.

By participating in fall prevention training, older adults and individuals at any age can improve their overall health and wellness, reduce their risk for injury and maintain their independence. If you or a loved one are interested in fall prevention training, Team Davis is available to discuss developing a personalized program.



Taylor Timmons, PT, DPT PHYSICAL THERAPIST

Taylor Timmons is a full-time licensed physical therapist who has been part of Team Davis since 2017. Skilled in all aspects of treatment planning and care, she is experienced in neurologic physical therapy and helping patients with movement difficulties resulting from stroke, brain injury or disease of the nervous system. This also includes Dr. Timmons' adeptness in treating individuals who have suffered a fall and developing prevention programs for those at greater risk. In addition to patient care, she oversees support staff, tracks technology testing timelines and manages mini-sensor testing.

Prior to joining Davis Physical Therapy & Sports Rehab, Dr. Timmons had clinical affiliations with both outpatient neurologic and inpatient settings. During high school and undergraduate college, she was a student athletic trainer and honed her skills on and off the field, then training under Dr. Andrea Davis while completing her post-graduate studies. As a result of these experiences, Dr. Timmons has developed a special interest in working with neurologic diagnoses, particularly gait/balance impairment and vestibular diagnoses, in addition to concussions resulting from sport or other injuries.

Active is a word that easily describes Dr. Timmons who outside of work, enjoys hiking, yoga and traveling. She also has a passion for cooking, something that flourished amid Covid. She also is committed to using her skills to give back and has been a volunteer with Special Olympics New Jersey, supporting participants with bowling, basketball and other sports. She admits to being compassionate and empathetic to a fault but recognizes the importance both these qualities hold when treating patients.

EDUCATION

2018 Stockton University,
Bachelor of Science,
Health Science

2021 Thomas Jefferson University,
Doctorate, Physical Therapy

CERTIFICATIONS / SPECIALIZATIONS

- Board Certified Physical Therapist
- Member, American Physical Therapy Association