

## Our SENIOR STRONG Program

## Welcome

### 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.

Our patients are the focus of all we do at Florida Orthopaedic Institute and our goal is to keep you active. We achieve this by providing you with the best orthopedic solutions for virtually every bone, joint, ligament and muscle in the body.

We are different from other orthopedic groups because our team of highly skilled, board certified physicians and surgeons has advanced training, which allows the highest standard of care. Our surgeons are also fellowship trained, which requires an additional year of study in the orthopedic subspecialties of hand, spine, joint replacement, shoulder and elbow, sports medicine, foot and ankle, and trauma. This expertise is invaluable for proper diagnosis and treatment, providing a level of care unattainable elsewhere in the Tampa Bay Area.

Our philosophy is to first try all appropriate nonsurgical methods to increase mobility and function. This may include medication, bracing, injections, physical and/or occupational therapy, or chiropractic services, all of which we provide. Then, and only then, do we suggest surgery.

We are also proud of our strong partnership with USF Health Morsani College of Medicine. In addition to my role as president and chief medical officer of Florida Orthopaedic Institute, I also chair USF's Department of Orthopedic Surgery. Together, we can capitalize on our combined strengths and advance academic orthopedics. This combination offers our patients the finest orthopedic treatment and we believe a substantial benefit to our community, patients, residents, students and faculty.

As one of Florida's largest orthopedic groups, our mission is simple: to provide excellence in clinical outcomes and an exceptional patient experience, while in an environment that fosters growth through teaching, education and research in all aspects of musculoskeletal medicine.

Please let us know if there is anything we can do to further improve your experience. We look forward to serving you!

Sincerely,

*Roy Sanders, M.D.*  
President and Chief Medical Officer

**SENIOR STRONG**  
Keeping Seniors Active

**FLORIDA**  
**ORTHOPAEDIC**  
**INSTITUTE**



**FloridaOrtho.com (800) FL-ORTHO**

## SENIOR STRONG

Designed by Florida Orthopaedic's Dr. Christopher Grayson, SENIOR STRONG begins with an initial visit with an orthopedic surgeon 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 a move to a nursing home

## 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 loved doing 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.

**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](http://www.floridaortho.com) or contact Christina Belsha (813) 978-9700 ext. 7835 [CBelsha@floridaortho.com](mailto:CBelsha@floridaortho.com)**



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