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MPT September 2010

September 2010 News

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Brad Abrams PT, DPT

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Seniors Wait on Care, Grow Sicker as Copays Rise

Higher Medicare copays, sometimes just a few dollars more, led to fewer doctor visits and to more and longer hospital stays, a large new study reveals.

The study included nearly 900,000 seniors in 36 Medicare managed-care plans from 2001 to 2006. Among plans that increased patient cost-sharing, the average copay for a doctor visit roughly doubled, from \$7.38 to \$14.38. The copay to see a specialist jumped from \$12.66 to \$22.05. By contrast, the average copay for unchanged plans was \$8.33 to see a doctor and \$11.38 to see a specialist.



For every 100 people enrolled in plans that raised copays, there were 20 fewer doctor visits, 2 additional hospital admissions and 13 more days spent

in the hospital in the year after the increase compared to those in plans whose copays did not change, researchers found.

"Outpatient care for elderly adults, particularly those with chronic diseases, is very valuable and may not be something you want to discourage by having a large copayment," Trivedi said.

For an abstract of this article, click here:
<http://www.ncbi.nlm.nih.gov/pubmed/20107218>

MPT to Attend Fall Conference in Springfield MO



Mobile Physical therapy will be attending the Missouri Physical Therapy Association's Fall Conference in Springfield Missouri on the campus of Missouri State University October 16-17. This year's conference will focus on three topics, including sports rehab for the lower body, women's health, and fall prevention.

The second "Falls-Free Missouri" course will be a continuation of last year's course in Columbia. This course will provide lectures and hands on experience in the areas of diagnostics in the vestibular laboratory, completion of a 10 Minute Exam of the Dizzy Patient, and the application of evidence based interventions shown to address the complex nature of balance impairments and the falling patient.

For more information on the MPTA Fall Conference, Click here:
<http://www.mopt.org/>

Test Yourself--Sit to Stand--Fall Risk Reduction for ALL Ages!

Research from the University of Missouri shows correlations between how a person performs the "sit to stand" movement and their risk of falling. The test performed was simple: time how long it takes someone to stand up and sit down five times.

In the Five Time Sit To Stand Test (FTSTS) a score of 10 seconds or more was the cutoff for predicting balance problems in adults younger than 60 years. 14.2 seconds was the cutoff for predicting balance problems in those 60+ years.



Test yourself! Using a stop watch (or the second hand on a clock), stand up and sit down five times as fast as possible from a sturdy chair, with your arms folded across your chest.

Look up your score below:

Age	Time (in seconds)
20-29	7.5
30-39	8.0
40-49	8.0
50-59	8.25
60-69	9.0
70-79	9.3

See the "Exercise of the Month" below on how to practice the "Sit to Stand Exercise".

This article is the third in a series of information and exercise program to prevent falls in all ages. [For a copy of the previous article, click here.](#)

Even people in their 20s and 30s can have significant risks for falling, but more research is done on falling and the aging adult. As described in our last newsletter, researcher Carmen Abbott PT, PhD has identified several areas which are affected by the aging process and can contribute to fall risk. **This study is unique because its participants were from various age groups starting at age 20. This information is relevant for those far below the considered fall risk age of 65.**

Exercise of the Month--Sit to Stand



An effective way to increase leg power and strength is right in your living room! The sit to stand exercise improves strength and power in your gluteal and quadriceps muscles, and is done like this:

Sit in a sturdy chair that won't slide. Fold your arms. Stand up without using your arms and without bracing your legs against the back of the chair. Come to a complete stand and straighten your knees fully, then sit back down without using your hands. Quickly repeat the sit to stand, doing as many repetitions as possible for 30 seconds.

If this is too hard, try it from a higher chair or the edge of a bed. If its too easy, increase the difficulty by trying it from a lower chair.

Mobile Physical Therapy Information

Mobile Physical Therapy provides physical therapy services to seniors and others in their homes. Our services are covered by Medicare Part B, PPO's, some private insurances, and private pay. Our office can verify benefit coverage prior to beginning treatments.



[Click here for a referral form, or call us at 314-558-1385.](#)

Help Wanted



Mobile Physical Therapy is looking for help! We are looking for a physical therapist on an as needed or part-time basis to see patients in their homes. If you are interested in providing excellent home care services and having a flexible schedule, contact us at 314-558-1385.

Mobile Physical Therapy • 935 Morrison Avenue • Saint Louis • MO • 63104

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