



QR code — Ivy Collaborative

IVY COLLABORATIVE HEALTHCARE

We help people Feel Good, Look Good & Function Well

2100 Central Avenue, Suite 6 | Augusta, GA 30904 | (706) 364-3461

www.IvyCollaborative.com



MUSCLE STRENGTH FOR BALANCE & FALL PREVENTION

Self-Help, Traditional Approaches & Ivy Collaborative Support

1. What Weakness and Fall Risk Can Feel Like

A stumble on a curb. Getting up from a chair with a push. Avoiding the uneven sidewalk. Balance is a conversation among eyes, inner ear, and muscle. When core and glute strength fade with age (sarcopenia), that conversation gets slow. Joint pain and fear of falling then cut activity, which cuts more muscle. Falls are not only “bad luck.” They are often a strength and reaction-time problem that can be trained—without loading sore knees if the right tool is used.



2. Self-Help Strategies

- Walk most days; add sit-to-stands from a chair if joints allow
- Practice standing on one foot near a counter (safety first)
- Keep pathways clear; use night lights
- Review medications that cause dizziness with your clinician
- Keep protein adequate; muscle is harder to keep after 50
- Know the myth: “taking it easy” protects you—it often weakens you
- See a clinician after any fall, near-fall, or new unsteadiness

3. Traditional Medicine Options

- Primary-care fall-risk review: vision, meds, bones, neuropathy
- Physical therapy for strength, gait, and balance
- Bone-density testing and osteoporosis treatment when indicated
- Home-safety assessment and assistive devices as needed
- Understand limits: sore joints can block the very exercises that build stability
- Ask about non-surgical, FDA-cleared muscle strengthening that does not load joints

4. How Ivy Collaborative Can Help

- Emsculpt Neo (BTL) — FDA-cleared HIFEM+ and RF that builds muscle without joint loading
- ~20,000 supramaximal contractions in a 30-minute session—core and glutes are common targets
- Typical course: 30-minute visits, often 4–6 weekly sessions; no downtime*
- Useful when arthritis or deconditioning makes gym work unsafe or incomplete
- Complements—not replaces—walking, PT, vision and medication review

5. Helpful Links

Self-Help	Traditional Medicine	Ivy Collaborative
cdc.gov / STEADI nia.nih.gov / falls <i>Walking • Sit-to-stand • Home safety</i>	mayoclinic.org (falls) orthoinfo.aaos.org <i>PT • Bone health • Med review</i>	ivycollaborative.com — Emsculpt Neo Schedule your Wellness Assessment <i>Emsculpt Neo • Core & glutes</i> <i>Physician-directed care with Dr. Jocelyn Bayliss, MD</i> <i>dual board-certified psychiatrist</i>

6. Contact Ivy Collaborative Healthcare

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Complimentary Wellness Assessments available • Joint-sparing muscle building for stability

Staying on your feet is a strength project—support is available.



*Emsculpt Neo (BTL) is FDA-cleared for non-invasive muscle strengthening and fat reduction. Published HIFEM+RF studies report averages such as ~25% more muscle thickness and ~30% less subcutaneous fat; diastasis studies report about a 19% reduction in abdominal separation. Individual results vary. Not a weight-loss procedure or a substitute for hernia repair. Typical course is 30-minute sessions (often 4–6 visits) and may be individualized. Metal or electronic implants in the treatment area, pacemakers, defibrillators, pregnancy, nursing, and active hernia in the field are common contraindications—eligibility is determined after physician screening. Serving Augusta, Evans, Grovetown, Martinez, North Augusta, Harlem, and Richmond, Columbia, and Burke Counties.