



Shake It Up

Feel forever young.

No matter what your speed, you can count on our experts to keep you light on your feet.

Are you at risk of falling? Falls can happen at any time and affect your ability to do the things you love the most. According to the National Council on Aging, one in 4 adults 65 and older fall each year – and falling once increases your chances of falling again.

WHAT CAUSES A FALL?

Falls aren't a normal part of aging. A lot of things can cause falls, but some of the most common causes include:

- Muscle weakness
- Poor balance
- Dizziness/lightheadedness
- Ill-fitting footwear
- Joint pain
- Changes in gait
- Medication side effects
- Tripping hazards in environment

MOTION'S FALL PREVENTION PROGRAM

If you're afraid of falling or had a recent fall, MOTION can help. MOTION's physical therapists will help assess your risk and address any issues that may contribute to falls. Our goal is simple: to help you maintain your independence and get you back to what moves you.

It all starts with a thorough examination by our expert staff to determine your fall risk. If you think that you or a loved one would benefit from our Falls Prevention Program, contact us today. We would be happy to work with your doctor on a plan and communicate your progress and collaborate.

Our customized treatment plan may include:

- Strengthening activities
- Balance exercises
- Vestibular training

Ask your doctor for a referral today.



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PT Group
Physical Therapy