

Staying Independent

How Physical Therapy Can Help

Physical Therapy can help in several ways to allow individuals to stay as independent as possible and maintain a good quality of life for as long as possible.

As we age, our balance, strength, and flexibility start to gradually decline. Physical therapy can help to maintain or improve all three areas, and more. A physical therapist can assess these areas, as well as mobility and fall risk, and develop a personalized exercise program to challenge your balance and decrease your risk of falling, which helps allow you to safely remain independent for longer.

Other benefits of physical therapy include:

- Properly fit and train with an assistive device if needed
- Provide activity modifications to safely and efficiently complete activities of daily living
- Decrease aches and pains with exercises, manual therapy, and other techniques
- Instruct on what to do if a fall occurs and how to safely get up

Tips to try at home:

- Make sure to get up and move frequently throughout the day to avoid prolonged sitting or any prolonged positions, even if it is just standing, stretching, or walking for 1 -2 minutes at a time.
- Prevent falls by removing throw rugs, cords, and clutter that could cause you to trip.
- Use night lights, and if necessary install grab bars in the shower and near the toilet.

