



# Falls Are a Serious Matter

How big is the problem?

What outcomes are linked to falls?

What are common risk factors for falls?

How can older adults prevent falls?

## FYZICAL Therapy & Balance Centers Focus on Fall Prevention

- Our physical therapists realize how important balance and walking is for independent living, as well as for work activities, exercise, sports, and enjoying life in general.
- FYZICAL therapists take a whole-body approach to consider whether issues with the spine, hip, knee or feet contribute to imbalances, and they provide one-on-one care to help you achieve the greatest independence possible.
- Our balance programs focus on strength, endurance, motion, gait training and coordination for safe walking and preventing falls. If you need the assistance of a cane or walker, FYZICAL therapists will match you with the appropriate device and provide training for safety.

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**FYZICAL**<sup>®</sup>  
Therapy & Balance Centers

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