



MEDICAL
MOMENTS *by*



Alzheimer's Disease

The ABCs of Alzheimer's Treatment Physical Therapy to Slow your Progression

It is estimated that over 6 million Americans are living with Alzheimer's. With continued increases in the aging population, the number of our friends and family impacted by Alzheimer's is only going to increase. But research by physical therapists is showing great promise in the treatment of Alzheimer's Disease.

Alzheimer's Disease is a progressive condition; one of the main treatment goals is slowing the disease progression. Movement and cognitive challenges supported by Physical Therapy are vital elements of treatment for Alzheimer's Disease. At FYZICAL, we like to think about the ABCs of treatment:

Aerobic Exercise has been shown to improve circulation to the brain, which can improve cognitive functioning. Regular exercise has been shown to slow the progression of Alzheimer's. Adding in challenges to cognition (ex. "Tell me an animal that is red. Then spell it backwards.") forces you to think while improving oxygen flow to the brain.

Balance Rehabilitation is a specialized area of physical therapy that requires advanced equipment to keep you safe. Balance rehab is not simply leg strengthening, but forces you to challenge your sensory systems for balance. FYZICAL uses our Safety Overhead System (SOS) to keep you safe and get you the progress you need to stay independent.

Continence is a topic few people want to talk about, but at FYZICAL, our highly trained pelvic floor physical therapists are experts at treating bladder leaks. Not only can you stay dry, but pelvic floor issues can increase your risk of falling by over 3 times.

FYZICAL Difference for Alzheimer's

- ♦ **5 Point Falls-Prevention Harness**
- ♦ **Virtual Reality Balance Treatment**
- ♦ **Pelvic Floor PT**

Love Your Life!

If you have questions about what physical therapy might do for you or a loved one, please don't hesitate to "Call Before You Fall."

Schedule Now
Phone (405) 400-8909 or Fax (405) 400-8949 or QR

For more information visit: www.FYZICAL.com/Oklahoma-City

