

Services

OLDER ADULTS

Physical Therapy For Older Adults

Aging is a normal process. Some age-related physical changes can be misunderstood and unnecessarily limit one's daily activities. Normal aging need not result in pain or decreasing physical mobility. Physical Therapy can prevent lifelong disability and restore the highest level of function. At **ProActive Physical Therapy Centers**, our Physical Therapists can:

- Reduce pain
- Increase, restore or maintain range of motion, physical strength, flexibility, coordination, balance and endurance
- Teach positioning and walking skills to promote maximum function and independence
- Increase overall fitness through exercise programs
- Prevent further decline in functional abilities through education, energy conservation techniques, joint protection and use of assistive devices to promote independence
- Improve sensation and joint proprioception
- Recommend adaptations to make the home more accessible and safe

Many age-related conditions are treated effectively by Physical Therapy and covered by Medicare:

- Arthritis
- Osteoporosis
- Cerebral vascular accident (stroke)
- Lymphedema
- Parkinson's disease
- Cardiac and pulmonary diseases
- Coordination and balance disorders
- Functional limitations
- Sports and orthopedic injuries
- Joint replacements
- Hip fractures

We are here to make sure your needs and expectations are exceeded, your pain is reduced and your ability to perform at or close to your peak is restored quickly.

Ask us how. To inquire, call one of the clinics numbers listed at the top right of this webpage and one of our friendly representatives will be happy to answer all your questions.