



Ortho Bethesda

SPECIALTY THERAPY SERVICES

Balance & Fall Prevention Therapy



Falls among older adults are prevalent, dangerous, and can diminish the ability to lead an active and independent life. Common risk factors for falls include aging, hazards in the home, low blood pressure, medication side

effects, muscle weakness, preexisting medical conditions (diabetes, stroke or Parkinson's disease) and visual problems.

Many falls are preventable with special training and education. Our physical therapists are experienced in working with patients who are at risk for, or have a history of falls. They assess the need for assistive devices, provide suggestions for correcting home safety hazards, and design an individualized program of exercises and functional activities. To help reduce the risk of falling, the Balance & Fall Prevention Therapy program focuses on balance, strength, flexibility, coordination and walking.

GOALS OF BALANCE & FALL PREVENTION THERAPY:

- Decrease fall risk
- Improve overall health
- Increase safety
- Improve independence with activities of daily living and functional mobility

OrthoBethesda

For over 50 years, our board-certified orthopedic surgeons, all fellowship-trained in their specialties, have provided the highest quality care in treating problems relating to bones, joints, extremities, hands, feet and the spine.

Originally created to support patients of OrthoBethesda orthopedic surgeons, OrthoBethesda orthopedic therapy services are now available to referring physicians throughout the Washington, DC metro area for a complete range of treatment services. We accept most insurances.



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