



# How Can Physical Therapy Help with Balance and Fall Prevention?

Falls among older patients are prevalent, dangerous, and can diminish the ability to lead an active and independent lifestyle. Every year, about one in three people above the age of 65 years, and nearly one in two people over the age of 80 years have a fall.

Often, these falls lead to injury. Common risk factors for falls:

- Weak muscles
- Conditions associated with aging
- Vision problems
- Hazards in the home
- Low blood pressure
- Preexisting medical problems such as diabetes, stroke or Parkinson's disease

The good news is that many times falls are preventable.

Our physical therapists have advanced training and experience in working with patients who are at risk for falling or who have a history of falls. They can assess your need for an assistive device, provide suggestions for correcting home safety hazards, and design an individualized program of exercises and functional activities. We focus on balance, strength, flexibility, and coordination.

The main objectives of our Balance & Fall Prevention Therapy program are to:

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



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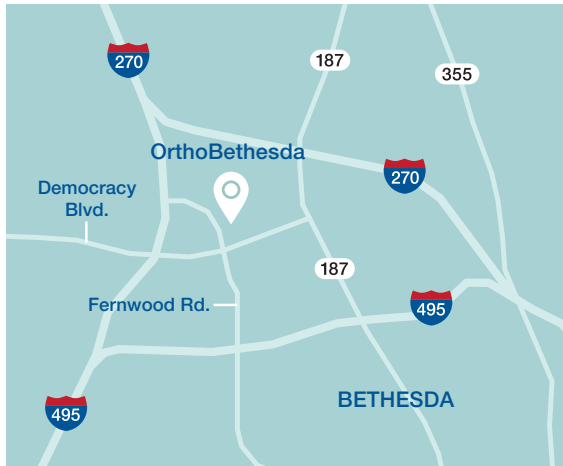
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# Orthopedic Therapy Services

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.



**Find out if the Balance & Fall Prevention Therapy program can help you. Ask your doctor or therapist for more information.**

OrthoBethesda  
10215 Fernwood Road  
Suite #303  
Bethesda, MD 20817

**240.482.2438**  
**orthobethesda.com**

## APPOINTMENTS AVAILABLE

**Monday – Thursday**  
**6:00 am – 6:00 pm**

**Friday**  
**6:00 am – 4:00 pm**

We make it a priority to schedule patients promptly to get them on the road to recovery faster. For information and scheduling, contact our intake coordinator at **240.482.2438**.

