

**Bookmark Us** 

# Maple Leaf Physical Therapy

Circa



1972

*An Independently Owned Practice of Physical Therapy*

**'An older adult falls every second of every day'**

(Center for Disease Control 2017)



**'Most falls can be prevented'**

(Center for Disease Control 2017)

**BALANCE & FALL PREVENTION**

[www.mapleleafpt.com](http://www.mapleleafpt.com)



## Falls Risk Factors:

- Loss of strength & Balance
- Slow gait (walking)
- Decreased Vision & Depth Perception
- Balance Problems
- Previous Falls
- Cognitive Changes
- Depression
- Over age 65
- 4 or more medications
- Cluttered living quarters

### ***The Problem***

Loss of balance leading to falls is a multifaceted problem caused by the aging process, progressive conditions such as Parkinson's or chronic dizziness from inner ear disorders.

### ***The Process***

If you have experienced loss of balance or have fallen one or more times during the past six months, you should be professionally evaluated for possible underlying causes. Once evaluated, a program of perceptual, strength, balance, gait, and cognitive training is individualized to your specific needs.

Patients are re-trained to stand, pivot and walk more confidently.



**For more information contact us**

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