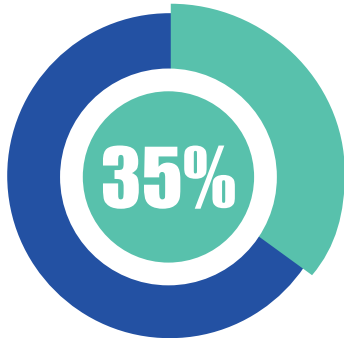


NATIONAL
**PHYSICAL
THERAPY
MONTH**
OCTOBER

Move More, Age Better...

Extending Therapy into Everyday Life

Every October, we recognize National Physical Therapy Month, a reminder of the importance of movement in maintaining independence. But research shows that many seniors struggle to keep up with exercises once they leave the clinic.



- ▶ Only **35% of patients** fully adhere to their home exercise programs after physical therapy discharge (NIH, 2020).
- ▶ Poor follow-through leads to **slower recovery, higher fall risk, and increased re-hospitalizations.**
- ▶ When seniors have daily support at home, **adherence improves dramatically**, leading to better outcomes.



Home Care Helps...

- Reinforce prescribed therapy exercises.
- Provide encouragement and supervision for safe mobility.
- Integrate movement, such as walking, stretching, and functional activities, into daily living.

Learn More & Find Help...

- Stay active and steady with guidance from licensed physical therapists.
- **Consult the American Physical Therapy Association (APTA)** and their *ChoosePT* initiative to help seniors safely build strength, balance, and confidence at home.

Website: www.choosopt.com

Phone: 1-800-999-2782

Home care bridges the gap & turns “doctor’s orders” into daily reality!



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