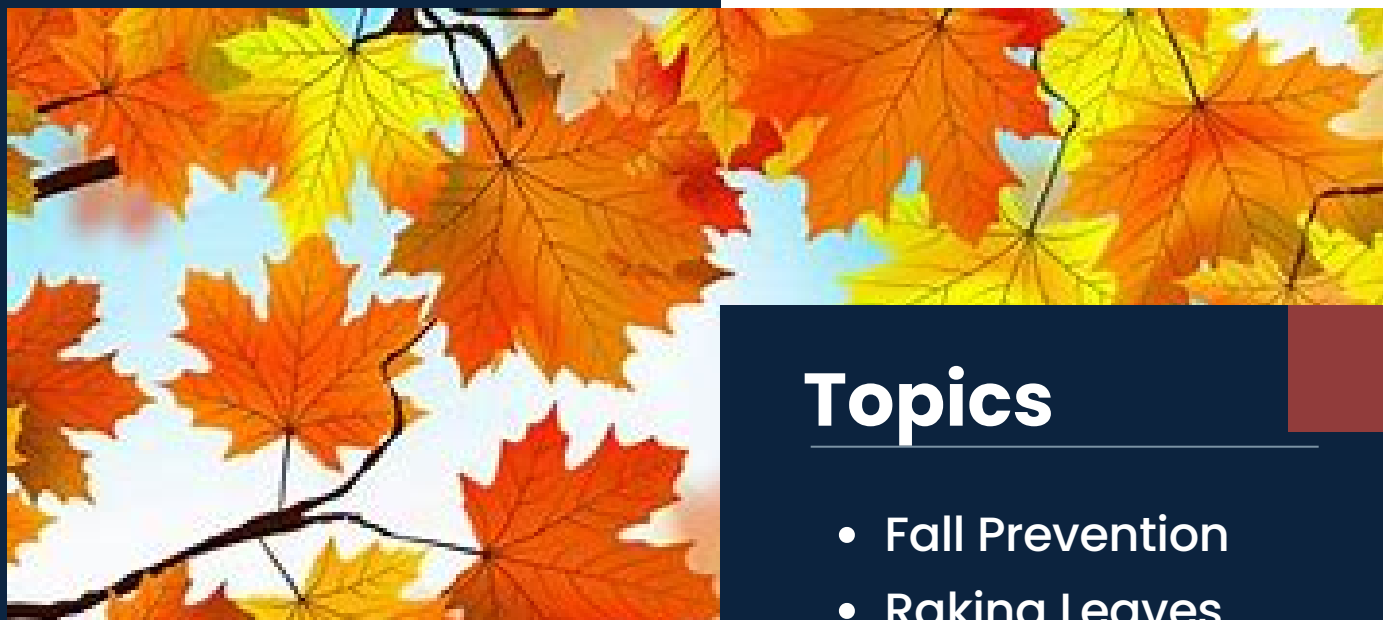


NEWSLETTER FALL 2024

205 W GRAND RIVER AVE.
BRIGHTON, MI 48116



WWW.PROMOPHYSICALTHERAPY.COM



Topics

- Fall Prevention
- Raking Leaves
- Heavy Lifting

Fall Prevention Around the House

- Remove bulky furniture in high traffic areas.
- Secure edges of carpet and rugs
- Place nonslip treads on wooden stairs/steps.
- Place nightlights in hallways or staircases.

Information found on:
www.mayoclinic.org



CONTACT US:
(810) 588-4133

Happy Autumn!



Raking Leaves

- Maintain a straight back with knees bent and one foot behind and one foot in front of you to stay balanced.
- Avoid reaching and pulling with your back - instead use your legs and arms/shoulders to move the rake.

Information found on:
health.clevelandclinic.org

Heavy Lifting

- Keep your back straight.
- Brace your core.
- Lift with your legs, not your back.

Information found on:
health.clevelandclinic.org

Services Provided Include

- Orthopedic/Sports Therapy
- Pelvic Floor Therapy
- Vestibular Therapy
- Gait Analysis
- Bike Fit

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WE ARE HERE AND HAPPY TO HELP!

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