

# NEWSLETTER FALL 2025

205 W GRAND RIVER AVE.  
BRIGHTON, MI 48116



[WWW.PROMOPHYSICALTHERAPY.COM](http://WWW.PROMOPHYSICALTHERAPY.COM)



## Topics

- Raking Leaves
- Heavy Lifting
- Fall Prevention

## Raking Leaves

- Maintain a straight back with knees bent and one foot in front of the other 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](http://health.clevelandclinic.org)



**CONTACT US:**  
**810.588.4133**

Happy Autumn!





## Heavy Lifting

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

Information found on  
[health.clevelandclinic.org](http://health.clevelandclinic.org)

## 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 and/or by staircases.

Information found on:  
[mayoclinic.org](http://mayoclinic.org)

## Services Provided Include

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

**CONTACT US:**  
**810.588.4133**

**PROMOTIONPT@COMCAST.NET**

## Pro-Motion Staff



Dr. Vincent Baylerian  
DPT, PT, Owner



Dr. Susan Baylerian  
PT, DPT, WCS



Dr. Alicia Reyes,  
PT, DPT



Aaron Bachman,  
MS, CSCS, PTA

WE ARE HERE AND HAPPY TO HELP!

Follow Us on Instagram @promotionpt201  
 Like us on Facebook (Pro-Motion Physical Therapy)