

Mercy Therapy Services

Fall Prevention and Balance Training



Statistics show that one out of three people over the age of 65 in the US will fall this year.

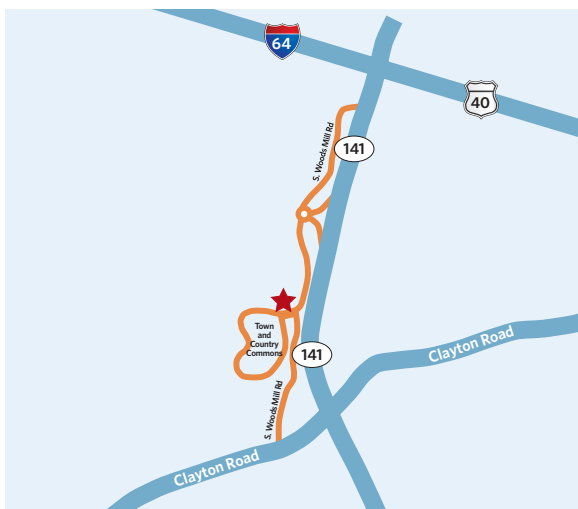
Have you fallen or maybe had some close calls? Do you limit your activity because of the fear of falling? We can restore your confidence and keep you active, which also helps your overall health.

The physical therapists at Mercy Therapy Services will evaluate your current abilities and then work with you to help decrease your likelihood of falling, which will also reduce your fear of falling.

When your doctor refers you to our team, we will test the abilities that help you stay balanced. These include: vision, flexibility, strength, sensation, ability to rise from a chair, walking speed and quality, and your balance reactions in a variety of situations. We use sophisticated technology as a vital component of our comprehensive evaluation and treatment programs.

Loss of balance control and falling don't have to be part of aging. Your balance can be improved! Even if you've had a history of balance problems, we can help. A physician's referral is required for evaluation and treatment.

For more information or to schedule an appointment, call 636-893-1100.



Mercy Therapy Services

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