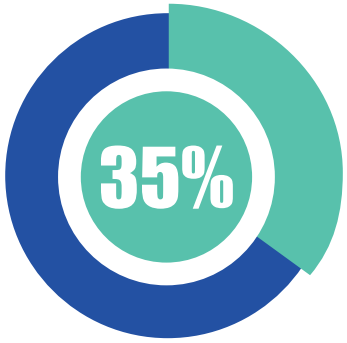
NATIONAL PHYSICAL THERAPY MONTH OCTOBER

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.choosept.com
Phone: 1-800-999-2782

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