

Falls Prevention Strength and Balance

The current research informs us that in **Australia, 1 in 2 women and 1 in 3 men over the age of 60 will suffer an osteoporotic fracture (brittle bone break).**

Exercise improves muscle strength, posture, balance and mobility.

It is never too late to start improve!

At North East Physiotherapy Services we understand the physical changes that occur with menopause and ageing.

Studio 20 Clinical Pilates can help you prevent falls and fractures, and keep moving you through life.

How to prevent falls and fractures

Minimise falls risk

Improve bone density and muscle strength

Our exercise programs provide a safe and supported environment for progressive resistance strengthening, improved balance and functional control to give you the confidence to keep moving through life safely. Each participant will initially be individually assessed by the physiotherapist and then re-assessed regularly to document improvement. Our physiotherapists are experienced in specifically devising a personalized exercise program for your needs.



**North East
Physiotherapy**

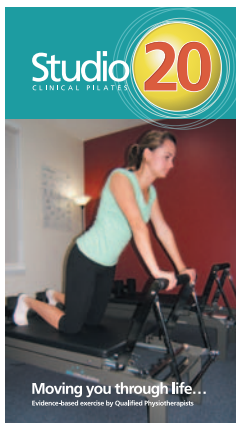
*Moving You
Through Life*

Strength and Balance Falls Prevention for the older person

A fully supervised circuit program has been designed to:

- Improve balance skills to prevent falls
- Increase overall body strength and endurance
- Enhance flexibility and function
- Improve walking and mobility

Studio 20 provide Strength and Balance circuit programs twice weekly (45 minute sessions), with re-assessments every six weeks. Numbers are limited.



Beat the Break

Progressive Resistance Exercise to improve Bone Health

Progressive Resistance Exercise to improve Bone Health

Using the specialized Clinical Pilates equipment we will design an individualized exercise program using spring-loaded resistance for:

- Regular weight bearing exercise and progressive strength training to prevent bone loss
- Increasing trunk and core stability, utilising spine and leg extensor muscles
- Improving postural awareness
- Enhanced balance skills

“Exercise and bone maintenance are inextricably linked, and regular weight bearing exercise and strength training can prevent bone loss associated with ageing and menopause” Osteoporosis Australia. Falls Risk Reduction and Bone Strengthening programs are fully supervised by a physiotherapist to ensure a safe exercise environment for high-risk patients diagnosed with osteopaenia or osteoporosis and are tailored for the individual’s needs.

Rebates for treatment are available under private health insurance schemes which may be claimed electronically at the time of consultation. Eligible clients may be covered under Veterans Affairs, EPC, TAC or Workers Compensation Schemes.

Falls Prevention Strength and Balance and Beat the Break sessions are run at



Studio 20 Clinical Pilates Benalla

39 Nunn Street, Benalla VIC 3672

Ph 03 5762 6866 benalla@nephysio.com.au

Studio 20 Clinical Pilates Wangaratta

20 Chisholm Street, Wangaratta VIC 3677

Ph 03 5722 1424 wangaratta@nephysio.com.au

Studio 20 Clinical Pilates Yarrowonga

24 Belmore Street, Yarrowonga VIC 3730

Ph 03 5743 1142 yarrowonga@nephysio.com.au

www.nephysio.com.au