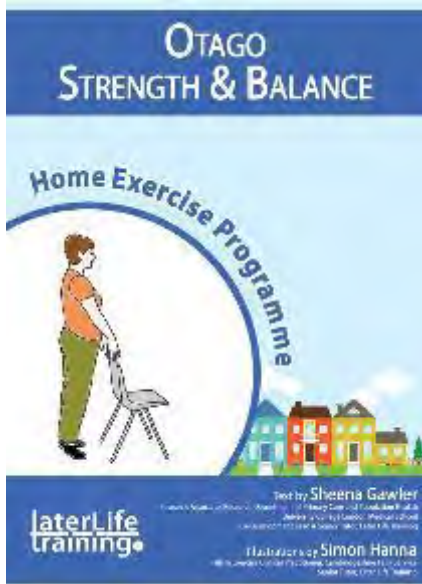




Otago Falls Prevention Program

What is Otago?

It's an individualized strength & balance exercise program delivered by a physical therapist in your home or a clinic, that is proven to reduce falls by 35-40%.



How can Otago help you?

- Reduces your risk of falling by 35-40%
- Improves your strength and balance
- Increases your energy level
- Enables you to participate in more of life's fun activities
- Increases your confidence with daily activities
- Maintain your Independence
- Feel safer, happier and more secure in your home

Who can benefit from Otago?

- People who have fallen in the last year
- People over 65 and have been screened as fall risk
- People with muscle weakness or balance problems
 - > Problems getting in or out of your chair
 - > Unsteady while on your feet
 - > Difficulty walking
- People who are afraid or concerned about falling



How to get started?

Call us at: **203-458-6268**

Otago is covered by Medicare and other insurance companies.

Falls do not have to be part of growing older!