

Contact: Brielle Valle
Marketing Director, HARTZ Physical Therapy
Tel. 717.735.8880
E-mail: bvalle@hartzpt.com
Date: 10/9/2014

FOR IMMEDIATE RELEASE

LOCAL THERAPIST ADDRESSES SENIOR HEALTH AND FALL PREVENTION

LANCASTER, Pa. (October 9) – Life doesn't end once you reach age 65, 75 or even 85 anymore. Seniors are living well into their golden years due to healthier lifestyles and better health care. Approximately 95 percent of the aging population in the United States is still living independently and with such a high number of seniors staying at home, the risk for injury is also high. Physical therapists across the country are reminding communities that they are an important untapped resource that can help seniors stay healthier and active longer, at home.

“[Fall prevention](#) is not talked about enough among the senior community,” said Brian Hartz, owner of HARTZ Physical Therapy with offices in Lititz, Lancaster and Ephrata, and a member of the [Private Practice Section of the American Physical Therapy Association \(PPS\)](#). “It’s a real threat, but one that can be prepared for and safeguarded against. It’s important that we empower the aging population to stay independent and active within their communities and among their friends and families. It’s all about providing the right knowledge, not only among seniors but with their families and caregivers too.”

According to CDC’s National Center for Injury Prevention and Control, one out of three adults, aged 65 or older, falls each year but less than half talk to their healthcare providers about it.

Here are a few tips to stay safe at home, according to the [U.S. Centers for Disease Control](#) and the [Mayo Clinic](#):

- Keep moving and include gentle exercise daily that is a mix of cardiovascular, balance and stretching;
- If you avoid physical activity because you're afraid it will make a fall more likely, the physical therapist can create a custom exercise program aimed at improving your balance, flexibility, muscle strength and gait;
- Review your medications with a health specialist, because some may impair sight, walking and balance and then together map a plan to keep you safe;
- Remove hazards from walkways, such as loose rugs, electrical cords and boxes; and

“We are able to help senior citizens develop safe and comprehensive maintenance plans for their physical health and provide recommendations on how to ensure continued safety while performing everyday tasks,” said Hartz.

HARTZ Physical Therapy doesn't require a physician's referral and opens its doors to anyone interested in learning more about how to have a healthy, safe and injury free winter. For more information, please visit www.hartzpt.com.

[About The Private Practice Section of the American Physical Therapy Association](#)

Founded in 1956, the Private Practice Section of the American Physical Therapy Association champions the success of physical therapist-owned businesses. Our members are leaders and innovators in the health care system. The American Physical Therapy Association (APTA) represents more than 85,000 physical therapists, physical therapist assistants and students of physical therapy nationwide. For more information, please visit www.ppsapta.org.

###