



# St. Luke's Balance for Life



## A multidisciplinary approach by St. Luke's Senior Care and Neurologic Physical Therapy

Falls among adults aged 65 and older are common, costly and preventable. Falls are the leading cause of fatal and nonfatal injuries among older adults and 1 out of every 4 adults report falling every year. Gait speed and cognitive impairment are significant factors related to these falls.

Together, the Geriatric Medicine Fellowship program and the Outpatient Neurologic Physical Therapy programs have developed a program specifically aimed to improve gait and prevent falls.

## Program Benefits

- Geriatric Medicine physicians evaluate cognitive function, gait speed, and review of medications effecting dizziness and balance
- Identification of further services and specialists to reduce fall risk
- Comprehensive evaluation of balance and impairments related to balance
- Exercise program individually designed and implemented with one-on-one physical therapy
- Guided transition to home exercise program
- Cognitive evaluation
- Home safety evaluation

## Physical Therapy Schedule

- Three sessions a week for first two weeks to establish home program
- Twice a week for four more weeks
- Check in and retesting at 4 months and 6 months
- Geriatric physicians follow up on cognition and gait speed in 6 and 12 months

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