



Contact: Lucinda Kay  
IT'S YOUR MOVE PR  
[Lucinda@lucindakay.com](mailto:Lucinda@lucindakay.com)  
O/509-325-3623 ★ C/509-280-6237  
[www.itsyourmove.com](http://www.itsyourmove.com)

## SENIORS FALL INTO PATTERN OF SAFER LIVING Prevent Injuries with Physical Therapists

### For immediate release:

As autumn approaches it doesn't have to be the season of falling. For seniors, a serious fall could mean a new dependence on assisted living, surgery, or worse.

Falls are the leading cause of injury among Americans over age 65, according to the federal Centers for Disease Control and Prevention. As the body ages, changes in your eyesight, hearing, coordination, balance and physical strength make it easier for you to fall.

**90% of all hip fractures result from a fall  
20% of those people never regain independent living**

It's Your Move PT's work to prevent serious accidents. Whether it's lack of strength, balance, or proper shoes, physical therapists can diagnose the problem. John McKinnon, with It's Your Move says, *"Physical therapy targets the problem, determines solutions, and gets our patients doing what they want or need to do, when and where they need to do it."*

### Tips to Prevent Falls

- Stay Active
- Visit an It's Your Move Physical Therapist
- Get rid of hazardous objects (throw rugs, loose tiles, etc.)
- Choose comfortable, well-fitting shoes
- Ask for help
- Ask your doctor about the side effects of medication

Remember, it's your legal right to choose your own physical therapist. Choose physical therapy for health and fitness. Choose the therapist that's best for your family. Visit [www.itsyourmove.com](http://www.itsyourmove.com).

For interviews with conversational PT's and great demonstrations, call Lucinda Kay: Office/509-325-3623 or Cell/509-280-6237.