

# PHYSICAL THERAPY



Changes in health often mean changes in abilities, daily routine and ease of comfort in the home environment. AseraCare Home Health recognizes the need patients have to return to the healthy and active life they enjoyed before they were affected by illness, injury or surgery.

We know that physical therapy helps patients do more than just regain their ability to walk again—physical therapy addresses a person's stamina, muscle imbalances and other physical requirements needed for movement. Our goal is to restore these functions and help patients feel more secure, independent and self-confident.



**AseraCare Home Health**

[www.aseracare.com](http://www.aseracare.com)

AseraCare Home Health offers services and programs to patients without discrimination on the basis of race, color, creed, religion, sex, national origin, age, disability, status as a Vietnam era veteran, qualified special disabled veteran, recently separated veteran, or other protected veteran, or source of payment.

AHHS-00933-07 PT (web)

## Physical therapy is more than just movement, it's also:

- Walking on various surfaces
- Balance
- Strengthening
- Muscle imbalance (improves posture and decreases pain)
- Stair climbing
- Negotiating environmental obstacles
- Transfers (chair, bed, cars)
- Use of assistive devices
- Joint mobility and protection
- Skin integrity
- Wheelchair mobility
- Home safety assessment
- Falls risk assessment
- Falls prevention
- Wound care
- Pain management
- Stamina and activity tolerance

## How do you know physical therapy is needed? If you notice these “red flags:”

- Recent falls or increased frequency of falls
- Change in balance or poor balance
- Fearful of walking or falling
- No longer able to walk to dining room or other common areas
- Increased difficulty walking outside
- Unable to climb stairs
- Uses objects for support
- Difficulty standing
- Difficult getting out of chairs and bed
- Difficulty sitting or slumped sitting posture
- Difficulty propelling wheelchair
- Difficulties adapting to or improper use of assistive device (walker, cane)
- Mobility issues regarding use of leg braces or artificial limbs
- Muscle contractions or muscle rigidity
- New onset of pain or complaints of pain
- Development of pressure areas
- Increased difficulty retrieving objects
- New medical diagnosis resulting in weakness (UTI, pneumonia, TIA)