



AgeWell **InBalance Program**

For Balance and Mobility

Are you fearful of losing your balance or falling? Whether you are simply avoiding walking and moving or actually at risk for a fall with injury, AgeWell's InBalance program can help you maintain and even improve your safety.

What is InBalance?

InBalance is a comprehensive physical therapy assessment and treatment plan. We'll measure your overall physical mobility, including balance, strength and endurance, and help you make improvements.

Who needs InBalance?

The InBalance assessment is available to anyone 65 or older and are concerned about their mobility, balance or safety.

Signs that you may benefit from the program:

- Apprehension about losing balance or falling
- Sedentary lifestyle or lack of physical activity
- Difficulty or slowness with walking
- Difficulty getting into or out of chairs, cars or bed
- Difficulty getting down on or up from the floor
- Complaints of fatigue, weakness or lack of energy

See reverse.

How does the InBalance Program Work?

Our specially trained geriatric physical therapist uses a wide variety of assessments and treatments customized to the needs of each individual patient:

- **Balance and Mobility Assessment:** Physical tests and self-reported activity levels score your overall health, mobility and risk for hospitalization.
- **NuStep® Total Body Recumbent Stepper:** Your tolerance for exercise is measured and a baseline is established to develop a customized conditioning schedule.
- **Custom Exercise Prescriptions:** A plan of balance, conditioning, gait and strengthening will help you build skills and endurance where it is most needed.

Did You Know?

Loss of balance and mobility are not inevitable as we grow older. Sudden falls may be prevented by assessment and appropriate conditioning.

You'll need a physician's order to participate in the program, so talk to your doctor. For more information, call **904.202.4AGE (4243)**
Toll-free 1.888.777.4243



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senior care in Northeast Florida.*