

FOR IMMEDIATE RELEASE

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Otago Exercise Program Helps Spokane Seniors Improve Balance and Prevent Falls

Spokane, Washington – April 15, 2019 – Falls are the leading cause of injury in people 65 years and older. Falls are also a predictor for admission to long-term care facilities, generating enormous impacts on personal finances, independence, and emotional wellbeing. IRG Physical Therapy – Parkside is now offering a program to help older adults prevent falls. The Otago (pronounced: OH-TAA-GO) Exercise Program is an evidence-based, structured, and progressive balance-improvement program proven to reduce the risk of falls in older adults by 35 percent. Adults, even in their nineties, can improve their strength and balance, finding more stability and avoiding falls.

Physical Therapists at IRG – Parkside are certified to administer this program, which incorporates strength and balance training over the course of approximately eight weeks. Following this training, there is a home exercise program to maintain strength. The Otago program focuses on increasing leg strength, which ultimately improves balance and stability.

Otago was selected by the Centers for Disease Control in 2010 as an evidence-based fall prevention program and was implemented for physical therapists, occupational therapists, and other skilled care providers. IRG – Parkside is thrilled to offer this service to our Spokane-area patients.

IRG Physical Therapy - Parkside, located at 201 W. North River Drive in Spokane. Check out IRGPT.COM for more details.