

STRENGTHENING FOR ARTHRITIS & FALL PREVENTION EXERCISE PROGRAM



**Are you noticing more pain following your normal exercise and home activities?
Has your joint pain been limiting you from participating in what you love?
Are you feeling unsteady with your balance and worried about a fall or fracture?**



View our Specialized Exercise Webpage to find a location near you offering this service. Scan this code with your phone camera or visit us at eramosaphysio.com



A SAFE WAY TO STRENGTHEN YOUR CORE, HIPS & KNEES!



OSTEOPOROSIS



OSTEARTHRTIS



FALLS

SAFE offers an active solution that is mastered in the clinic and taken away as a home or gym-based program. The exercises target people who at risk for **Osteoarthritis**, **Osteoporosis** and **Falls**. This program can also be a confidence building bridge for other clients who already attending physiotherapy that have been recommended to strengthen their core, hips and/or knees as a primary goal to treat their condition.

Clients are directly supervised by our Registered Kinesiologists, twice a week for 40–60-minute sessions, where it may be appropriate to work in conjunction with our Registered Physiotherapists.

SAFE exercises feature “neuromuscular training” – where exercises are functional with the goal of making everyday tasks like going up or down stairs EASY!

For more information visit our locations that offer the SAFE program.