



Physiotherapists:  
The Body Specialists

# Physio Tips

**STAYING  
INDEPENDENT**

Physiotherapy Association of BC

## SENIORS - STAYING INDEPENDENT

Physiotherapists can help you effectively manage many of the conditions that tend to affect older people. And they can help you preserve your independence. Physiotherapists treat conditions that affect joints, muscles or the nervous system, and that limit movement. They can help you improve your strength, mobility, flexibility and endurance.

**Getting Older, Staying Active** For most of us, it's not so much getting older that's bothersome, it's the physical changes that come with aging. However, research shows that at least some of these changes are reversible.

Sometimes even small changes in strength, flexibility and mobility can result in significant improvements in independence. A Physiotherapist can help you get active again and reduce the risk of injuries and conditions that can lead to disability.

### Consider seeing a physiotherapist for these conditions that often accompany aging:

- Recovery from a fall
- back or neck pain
- posture problems
- joint or muscle pain, weakness, stiffness, swelling
- arthritis or osteoarthritis
- breathing problems such as asthma, chronic bronchitis
- rehabilitation following joint replacement
- stroke or head injury
- bladder control problems
- any noticeable change in mobility or an injury that limits movement

## Exercise

Exercise is as important for older people as for younger ones. Regular exercise conditions the heart and lungs, improves muscle strength, and keeps joints flexible. Exercise can also reduce the effects of certain chronic diseases such as diabetes, high blood pressure, arthritis and osteoporosis.

A physiotherapist can help you develop an effective exercise program that will fit nicely with your interests, abilities and available time.

The right exercise can help you safely strengthen your muscles and protect your joints to keep you active and independent. Exercise can also increase your mobility, balance and endurance.

When regular exercise is either not possible or not advisable, a physiotherapist can modify exercises or teach you how to conserve energy so you can do the things you really want to do.

Physiotherapists are experts in movement and mobility, body mechanics, muscles and joints. They will help develop an exercise program specially-tailored to your needs, putting together the right combination of activities to improve physical fitness and avoid injury.

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