

The Role of Physiotherapists in Optimizing Health of Older Adults - Spotlight on Falls Prevention

Date: June 6, 2023

Time: 9AM - 10 AM (MDT)

Audience: Older adults

Register at: <https://bit.ly/3luuQo9>

Have you noticed that daily activities seem harder than they used to feel? Have you noticed that since your most recent birthday you have seemed to be more off balance or have even had a fall? Have you heard that physiotherapy can help but you are not actually sure what that means?

Join us on June 6th with Physiotherapist Laura Kean from Edmonton Neurophysio, as we take a deep dive into the changes that occur with aging and why getting to know your local physiotherapist can help keep you upright and moving with confidence for life. We will cover the following:

- Physiological changes that occur with aging
- 1 Rep Max Living - are you living on the edge?
- How do the above relate to falls prevention?
- What does physiotherapy for successful aging and fall prevention look like?



Laura Kean, B.Kin, MPT
Registered Physical Therapist
Edmonton Neurophysio

Laura Kean is a physiotherapist who specializes in neurologic, vestibular, and geriatric rehabilitation. She is the founder of Edmonton Neurophysio, and is operating out of Westside Children's and Sport Physio. In particular Laura has an interest in balance and fall prevention using a fitness forward and neurophysiology informed approach. She believes that it isn't just about preventing falls but also preparing people for them if they do happen to reduce the severity of impact and prevent injury. Laura is passionate about working with older adults and people with mobility deficits. She is a strong believer that age or disability do NOT have to limit participation or quality of life. As a newly minted Edmontonian she is eager to get to know her new community and help empower them, so they can keep moving for life with confidence.

For more information, phone 780.492.6019 or email info@findingbalancealberta.ca



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