

Stay On Your Feet This Winter

Physio2U provides in-home physiotherapy services for seniors. Here are their tips on how to stay on your feet this winter:

1) *Be active and participate in daily exercise to increase your strength and balance. Activities such as walking, swimming, yoga, or Tai Chi are just some of the things you can do to help protect against falls. Resistance exercises such as lifting weights or using the rebounder can also help you stay on your feet.*



2) *Choose a good pair of winter boots. For warmth and stability, look for boots that are well-insulated, waterproof, have good grip, wide-low heels, and are light-weight.*



3) *Get an ice pick for the end of your cane.*

4) *Make sure your cane or walker is the right height for you. When you stand up tall with your arm at your side, your cane or walker handles should be at your wrist level. Speak to your physiotherapist about how to use a cane or walker properly.*



5) *Don't be afraid to ask a passer-by to help you across a slippery surface.*

Physio2U therapists travel to Columbus Residence to provide comprehensive one-on-one physiotherapy services. They are dedicated to empowering lives and can help conditions such as arthritis, hip fractures, joint replacements, post stroke and much more.

To book an appointment or learn more about how to stay active and safe this winter, call Physio2U in-home physiotherapy services at 778-846-7695 or visit www.Physio2U.ca