

Gait and Balance Therapy

- PERSONALIZED EVALUATION
- INDIVIDUAL PROGRAM
- EDUCATION FOR LIFE



Top Causes of Falls

- WEAKNESS
- FEAR
- DECREASED REFLEXES
- ILLNESS AND MEDICATION



PHYSICAL THERAPY WELLNESS & FITNESS
AQUATIC REHABILITATION
LYNBROOK • NEW HYDE PARK • ISLAND PARK • WANTAGH

TO FIND OUT MORE
ABOUT OUR PROGRAM
PLEASE CONTACT US

E-mail: info@peakptfit.com

44 Broadway
Lynbrook NY, 11563
Phone: (516) 599-8734
Fax: (516) 887-0826

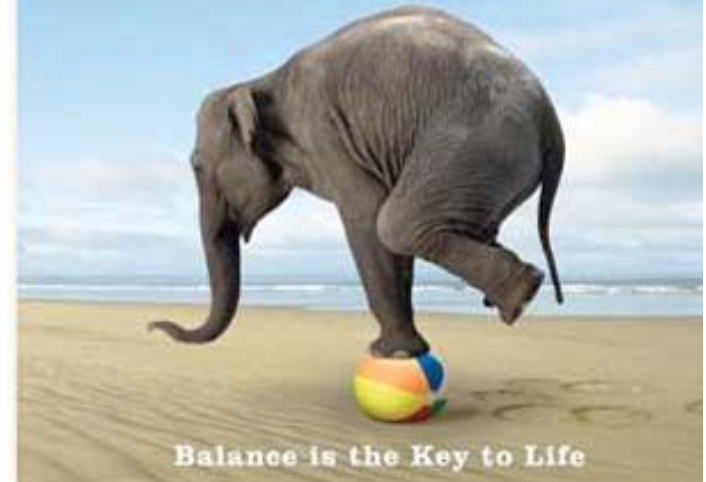
1730 Lakeville Rd.
New Hyde Park, NY 11040
Phone: (516) 326-4580
Fax: (516) 326-0793

1169 Wantagh Ave.
Wantagh, NY 11793
Phone: (516) 785-4800
Fax: (516) 785-4804

3961 Long Beach Rd.
Island Park, NY 11558
Phone: (516) 897-9700
Fax: (516) 897-0529



Balance for Life



Balance is the Key to Life

Fine Tune Your Balance
At



PHYSICAL THERAPY WELLNESS & FITNESS
AQUATIC REHABILITATION

LYNBROOK • NEW HYDE PARK
ISLAND PARK • WANTAGH

TAKE OUR SURVEY

INSIDE TO SEE IF YOU MAY BE A
CANDIDATE FOR BALANCE IMPROVEMENT
AND FALL PREVENTION...

If you answer "Yes" to any of the following questions...

1. Has your pace of walking slowed?
2. Have your hobbies/activities become strenuous?
3. Do you ever catch your feet on the carpet or floor?
4. Are you having difficulty on stairs?
5. Do you worry about falling?
6. Are you more reliant on a cane?



PEAK
PERFORMANCE

PHYSICAL THERAPY WELLNESS & FITNESS
AQUATIC REHABILITATION

...Balance for Life
can Help You!



Solving Your Balance Problems

At Peak Performance it is
our goal to provide you with
simple steps to ensure your

BALANCE FOR LIFE.