NOVEMBER 2025

Tip of the Month

STAY IN THE LOOP WITH UPDATES AND ANNOUNCEMENTS!

AT A GLANCE

- This month's topic is **Functional Mobility**!
- Reach out to **Erika** for more information

Functional Mobility

Having trouble standing up?

Increasing Mobility & Balance with Therapy:

Therapy is an amazing tool for those seeking to improve their functional mobility- the ability to move safely and independently while performing everyday activities like walking, getting up from a chair, or bathing. Our therapists will create a personalized program that includes targeted exercises to increase muscle strength, improve balance and coordination to prevent falls, and enhance joint flexibility and range of motion. For many seniors, this leads to greater confidence in movement, reduced pain, and the ability to continue engaging in activities, independent lifestyle, and improve overall quality of life.

Reach Out to Erika!

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For questions, feedback, newsletter ideas or story contributions, email providenceplaceop@trinityrehab.net **and we'll be in touch.**