

When to Seek Physical Therapy Help

ThrivePT Academy

Educational Resource for Caregivers & Older Adults

Warning Signs

- Multiple recent falls
- New difficulty standing or walking
- Fear of movement due to instability

Next Steps

- Request referral from primary care provider
- Seek licensed physical therapist evaluation

Disclaimer: This guide is for educational purposes only and does not replace medical advice. No patient-provider relationship is established through use of this material.