

# Misericordia Seniors' Program

Have you noticed changes in your function, with loss of mobility, strength or balance? Have you had a recent injury or hospital stay? Our physiotherapy department can provide help.



Physiotherapy services include:

- **Individual assessment** – a comprehensive evaluation of posture, strength, flexibility, gait, balance
- **Tailored treatment** – based on areas of concern from the assessment
- **Regular follow up sessions** – assess progress and adjust your treatment plan
- **Home exercises**

Our goal is to support you in enhancing your function and independence, whether due to age related changes, recent injury or recovery from hospital stay

For more information or to book an appointment, call

**780 - 735 - 2757**