If you have problems that affect your mobility, ask a physiotherapist

Physiotherapists help improve mobility and quality of life

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#addlifetoyears
As people grow older, it can get harder to move and so quality of life decreases.

Physiotherapists, the experts in exercise, movement and function, can help maintain mobility and independence.

Through advice and exercise programmes, physiotherapists work with people to prevent long-term conditions and help overcome physical limitations.

They help people manage pain so that they can be more mobile.

By keeping people active and independent as long as possible, physiotherapy can also reduce the cost of care.

Physiotherapy adds life to years.

Helping people be independent

According to the World Health Organization:

- there is a 50% reduction in the risk of movement limitations in people who are physically active
- more than a third of people over 70 fail to meet basic guidelines for physical activity.

Physiotherapists are experts in helping people who have problems exercising – for example, because of illness or age – become more active.

They work with people to maximise movement. After injury or illness, rehabilitation services provided by physiotherapists help people achieve their goals.

Working with a range of conditions

Physiotherapists can help people with a range of conditions as they age:

- pain
- fractures
- arthritis
- heart disease and stroke
- dementia and mental health
- amputations
- nervous system diseases such as Parkinson’s
- diabetes
- cancer
- lung disease

Falls

- At least 32% of people over the age of 70 fall each year.
- 10–25% of fallers will sustain a serious injury.
- Physiotherapy-led individual exercise programmes reduce falls by 32%.

Stroke

- Every year five million people are left disabled by stroke.
- Moderate physical activity may reduce the risk by 11–15%.
- Physiotherapy helps people reach their full physical potential and reduces readmission and care costs.

Dementia

- Physical inactivity may account for 20% of the risk of dementia.
- 10 million cases of dementia might be avoided each year if older adults exercised regularly.
- Physiotherapists can help promote mobility, independence and quality of life.