

Fearful of Falling?

Do you have difficulty getting up from the floor?

Bellarmino Physical Therapist Students are researching fall recovery and they're looking for volunteers to participate in their study!

This educational treatment program will measure a participant's ability to rise from the floor.

Benefits:

- Receive a functional health screen
- Learn proper fall techniques and new ways to independently rise from the floor
- Customized exercise program

Participation Inclusions:

* History of falls

* Or neurological conditions (such as Parkinson's Disease, Multiple Sclerosis, Huntington's Disease, etc)

Testing Dates:

Begin January 2019 and run through May 2019

Tuesdays and Thursdays Afternoons

Duration:

3-4 Sessions (1 hour each)

Location:

**2120 Newburg Rd.
Louisville, KY 40205**

Allen Hall, Room 260

(Between KentuckyOne Our Lady of Peace and Joe Creason Park)

<p>If Interested Please Contact: Dr. Carrie Hawkins Phone: (502)272-7968 Email: CHawkins2@bellarmine.edu</p>
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