



**World
PT Day
2025**

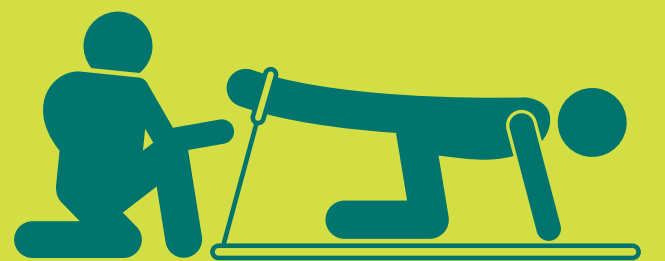


FALLS PREVENTION

**Injury from a fall is avoidable.
Improving your balance can prevent
falls. Being strong and flexible can
prevent serious injury should you fall**



**Stay safe and
independent -
speak to a
physiotherapist today
on how to prevent
falls!**



**World
Physiotherapy**

#WorldPTDay

8 September

www.world.physio/wptday